

# Migraine Prevention

## What Causes Migraines?

Certain foods (see below)  
Skipping meals  
Stress  
Bright lights  
Certain scents/odors  
Certain medications  
Hormonal changes  
Too much/too little sleep  
Changes in weather/season

### Nonpharmacologic

Headache journal  
Adequate sleep  
Balanced, healthy diet  
Adequate fluid hydration  
Adequate exercise  
Stress relief  
Acupuncture  
Massage therapy

### Pharmacologic

#### Drug

#### Recommended Dose

Amitriptyline (Elavil)	10-25 mg at bedtime
Nortriptyline (Pamelor)	10-75 mg at bedtime
Fluoxetine (Prozac)	10-40 mg every morning
Propranolol (Inderal)	2-4 mg/kg/day
Metoprolol (Toprol)	2-6 mg/kg/day
Nadolol (Corgard)	0.5-2.5 mg/kg/day
Verapamil (Calan)	4-10 mg/kg/day three times daily
Gabapentin (Neurontin)	10-40 mg/kg/day
Divalproex (Depakote)	20-40 mg/kg/day
Topiramate (Topamax)	1-10 mg/kg/day
Cyproheptadine (Periactin)	0.25-1.5 mg/kg
Levetiracetam (Keppra)	20-40 mg/kg/day
Zonisamide (Zonegran)	3-5 mg/kg/day
Montelukast (Singulair)	4-5 mg/day
CoQ 10	1-3 mg/kg/day
Magnesium oxide	9 mg/kg/day
Butterbur	50-150 mg/day
Feverfew	50-82 mg/day
Riboflavin (Vitamin B <sub>2</sub> )	2.5-10 mg/day

*\*Consult your pediatrician before beginning any medication, supplement, diet or exercise regimen.*

## Possible Dietary Migraine Triggers

Tyramine	Monosodium glutamate (MSG)
Sour cream	Potato chips
Buttermilk	Corn chips
Chocolate	Croutons
Beverages	Frozen dinners
Caffeinated drinks	Soups
Coffee	Roasted peanuts
Tea	Fruit
Soda	Citrus fruit
Nitrates/Nitrites	Avocados
Lunch meat	Bananas
Sausage	Raisins
Bacon	Plums
Hot dogs	
Beef jerky	

## Migraine Treatment

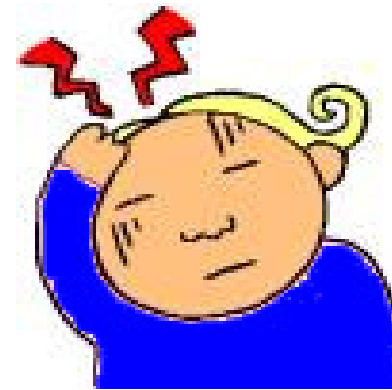
Acetaminophen (Tylenol)	10-15 mg/kg/dose
Ibuprofen (Motrin)	10 mg/kg/dose
Naproxen (Naprosyn, Aleve)	220-500 mg twice daily
Sumatriptan (Imitrex) nasal spray	5-20 mg/spray
Sumatriptan (Imitrex) injection	5-20 mg/dose
Metoclopramide (Reglan)*	0.4-0.8 mg/kg/day
Promethazine (Phenergan)*	12.5-25 mg/dose

\* for migraine-associated nausea

### References

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## Children and Migraines



1936 Old Orchard Road  
Birmingham, Alabama 35216  
205.824.0775  
[www.kidsmedspharmacy.com](http://www.kidsmedspharmacy.com)