

Attack-Based Care How to Treat a Migraine Attack



Migraine attacks can differ, and the way you treat them might differ also. Your answers to the questions below can help you make quick and important decisions about which

answers to the questions below can help you make quick and important decisions about which migraine treatment tools are best for treating each attack in consultation with your doctor.

TIMING



Did you wake up with the attack already in progress or full-blown, or did the attack start within the past 60 mins?



► Do you need to treat this type of attack more aggressively than others?

PAIN LEVEL

Are you experiencing moderate to intense pain—level 5 or higher on a scale of 1-10?



► Which medication works best for this pain level? Do you need a stronger one (or combination of) for intense pain?



SYMPTOMS



Are you feeling dizzy, nauseous or vomiting? Are you having trouble seeing, speaking or moving?



► Which medications do you need for these specific symptoms? Should you consider one that bypasses the gut or is easy to access?

TRIGGERS

Do you know what trigger(s) brought this attack on? If so, does this typically lead to a more severe attack for you?



▶ Do certain triggers require you to treat with specific medications and/or medical devices?



Once you've answered these questions, pick your treatment tools:

THE MIGRAINE TREATMENT TOOLBOX



MEDICATIONS

- Tablets
- Injections
- Nasal sprays



MEDICAL DEVICES

 FDA-cleared devices for acute treatment



OTC OPTIONS

- Heat/ice packs
- Eye masks
- · Dark glasses
- Green light



WHEN TO SEEK URGENT MEDICAL ATTENTION:

- If you have a fever, confusion or impaired consciousness
- The onset is abrupt and/or feels more severe than usual
- You are vomiting and losing fluids for a prolonged time

Visit our website for more resources and information on attack-based migraine care.











