

# Work With Your Doctor to Manage Your Migraines

There are good options for keeping migraine symptoms under control. You need to work with your doctor to choose the best options for you. Think of you and your doctor as a team working together to manage your migraines. You need to give your doctor specific information about your headaches. Here are some tips for working together with your doctor.

## Be Prepared

Before you see your doctor, write down:

- How long your headaches last
- What symptoms you have with your migraines
- All the medicines you take. Include prescriptions, over-the-counter drugs, and supplements such as vitamins

## During Your Visit

### Tell your doctor...

- Your exact migraine symptoms (like nausea) and when you have them
- How your headaches affect your daily activities
- What you expect from treatment

### Ask your doctor...

- What your medicine does
- When and how to take your medicine
- What to expect from your medicine
- What to do if your medicine does not work
- What to do if you have a headache that is much worse than usual
- When to follow up

## Write It Down

It is easy to forget what the doctor said. Make sure you...

- Ask questions if you don't understand.
- Don't leave until you have answers to all of your questions.
- Get all of your directions in writing. Write them down if your doctor doesn't.
- Call back if you think of questions later.



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This information is not intended as a substitute for professional medical care. Always follow your healthcare provider's instructions.

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