

Migraine Action Plan

You can feel more in control, especially when migraines take you by surprise. Learn to recognize your triggers and warning signs. Work with your doctor and know exactly what to do.

My Migraine Headaches

Signs that I have a headache coming on

Things that set off my headache

Things I can do to better manage my migraine

My Personal Goals

Get fewer headaches

Avoid Emergency Room

Be pain-free

Be able to do and enjoy normal activities

Other

My Medicine List

Medicine	When to take it	How much to take	Does it work?

Key Reminders When Taking Medicines

- Take relief medicine at first sign of pain
- Take preventive medicine daily to reduce number of headaches
- Other _____

Contacts:

1. Doctor

2. Pharmacist

3. Emergency 911 or

4. Other



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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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Printed in USA. HCM138R0 July 2002