



Migraine. How do I treat an individual migraine attack?

When do I take something for the migraine attack?

A migraine attack is usually treated with “acute treatments”, taken when the headache comes on.

In general terms these acute treatments are either standard pain killers (eg paracetamol or aspirin) or specialised migraine pain killers such as triptans

We have produced information sheets on both these options and would suggest you consider reading these.

Are there any pain killers I should I try and avoid?

You should NOT take opioid medications to treat migraine headache as there is a particular risk of developing an addiction to these medications

In addition, if people take pain killers for their headaches very frequently, there is a risk of developing another headache in addition to the migraine. This is called Medication overuse headache