



# Cluster Headache. Acute Treatments

## **Triptans**

The most effective acute treatment for an attack is the sumatriptan 6mg subcutaneous injection with significant relief within 15 minutes.

People who have cluster headache rarely develop medication overuse headache.

## **Oxygen**

High flow oxygen 100% at 7-15 litres/minute for 15-20 minutes, using a non-rebreathable mask, is effective in aborting acute attacks of cluster headache.

There is no limit to the use of high flow oxygen, though obvious cautions around smoking/flames/fire hazards near oxygen need to be considered/addressed.

Oxygen is often used together with triptans in patients with multiple attacks.

## **Vagal nerve stimulation**

Non-invasive vagal nerve stimulation has also been approved recently as a treatment option in episodic cluster headache as both acute and preventative treatment

## **Recommended Acute Treatments for Cluster Headache**

Treatment	Formulation	Strength	Maximum Daily Dose
Oxygen	Inhalation through non-rebreathable mask	7-15 L/min	No limit
Sumatriptan	Subcutaneous injection	6 mg	12 mg
Sumatriptan	Nasal spray	20 mg	40 mg
Zolmitriptan	Nasal spray	5 mg	15 mg
Non-invasive vagal nerve stimulation	Transcutaneous	As per specialist recommendation	