



# How do I treat an individual cluster attack?

## **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 been approved recently as a treatment option in episodic cluster headache as both the acute and preventative treatment within the NHS