

## Acute Attack Action Plan

This Action Plan is still in development.  
Please email any feedback or suggestions  
to [mimap@migraine.org.au](mailto:mimap@migraine.org.au)

My Name: \_\_\_\_\_

My migraine diagnosis is: \_\_\_\_\_

My current regular medications are: \_\_\_\_\_

\_\_\_\_\_

I am allergic to: \_\_\_\_\_

My GP is: \_\_\_\_\_ Phone: \_\_\_\_\_

My neurologist is: \_\_\_\_\_ Phone: \_\_\_\_\_

My emergency contact is: \_\_\_\_\_ Phone: \_\_\_\_\_

My first symptoms of a migraine attack are usually: \_\_\_\_\_

\_\_\_\_\_

When I get those first symptoms, I try: \_\_\_\_\_

If that does not work, I try: \_\_\_\_\_

Once the attack has settled in, I use: \_\_\_\_\_

At this dose and frequency: \_\_\_\_\_

And try these non-medication things: \_\_\_\_\_

If I need something stronger, I try: \_\_\_\_\_

When I get these other symptoms: \_\_\_\_\_

I manage them with: \_\_\_\_\_

If I have any of these symptoms: \_\_\_\_\_

or if my normal approach is not working and I am unable to manage at home, I **go to emergency**.

\_\_\_\_\_ usually takes me to hospital. If they are not available, I call \_\_\_\_\_

If I am unable to reach someone to take me to hospital, or if I am concerned at all that I might be having a stroke, I **call an ambulance using 000**.

If I am not sure if I need to go to hospital, I call Health Direct on 1800 022 222 or \_\_\_\_\_

The treatment that usually helps me in hospital is \_\_\_\_\_

\_\_\_\_\_

### Remember to avoid Medication Overuse Headache!

Do not use triptans, opiates like codeine, or medications that combine two or more drugs, more than 10 days per month. Do not use common pain relief more than 15 days per month. Keep caffeine to less than 200mg per day. Read more at [migraine.org.au/moh](http://migraine.org.au/moh).