



# Medications to Prevent and Treat Migraines

Living a healthy lifestyle is important for preventing migraines. Eating regular meals, staying hydrated, and getting enough sleep and exercise can help you reduce the severity and frequency of your migraine attacks.



Medication is another part of your plan to manage migraines. The 2 main types of migraine medications are designed either to **prevent** migraines or to **treat** migraines after they start.

Below is a list of the most common medications used to prevent and treat migraines. You need a prescription for most of them, but some are available over the counter.

## Medications to Prevent Migraines

The brand name of the medication is listed after the generic name when available. Medications may have different brand names (not all are listed here). Of note, many of these medications were developed to treat other conditions, but were also found to help prevent migraine.

▶ **Beta blockers**—originally designed to treat blood pressure or heart disease

- Metoprolol (Toprol XL)
- Propranolol (Inderal)
- Timolol (Blocadren)

▶ **Antiepileptic medications**—originally designed to treat seizures

- Topiramate (Topamax)
- Valproic acid (Depakene)

▶ **Antidepressants**—originally designed to treat depression or anxiety

- Amitriptyline (Elavil)
- Fluoxetine (Prozac)
- Venlafaxine (Effexor)

▶ **Onabotulinum toxin A (Botox) injections**—originally designed to treat muscle spasm

▶ **Antibodies to CGRP or the CGRP receptor**—first drugs specifically designed for migraine; expected to be available in 2018

- Eptinezumab
- Erenumab
- Fremanezumab
- Galcanezumab

# Medications to Treat Migraines

The brand name of the medication is listed after the generic name. Medications may have different brand names.

## ► Analgesics and nonsteroidal anti-inflammatory medications (NSAIDs)

### Available without a prescription:

- Acetaminophen (Tylenol)
- Acetaminophen, aspirin, and caffeine (Excedrin)
- Aspirin (Bayer)
- Diclofenac (Cambia)
- Ibuprofen (Motrin)
- Naproxen (Aleve)

### Require a prescription:

- Flurbiprofen
- Indomethacin (Indocin)
- Ketorolac (Toradol)

## ► Triptans

- Almotriptan (Axert)
- Eletriptan (Relpax)
- Frovatriptan (Frova)
- Naratriptan (Amerge)
- Rizatriptan (Maxalt)
- Sumatriptan (Imitrex)
- Zolmitriptan (Zomig)
- Sumatriptan + naproxen (Treximet)

## ► Antiemetics/antinausea medication

- Metoclopramide (Reglan)
- Ondansetron (Zofran)
- Prochlorperazine (Compazine)
- Promethazine (Phenergan)

## ► Ergots

- Dihydroergotamine (Migranal)
- Ergotamine (Migergot, Cafergot when it contains caffeine)
- Methylergonovine (Methergine)

## ► CGRP receptor antagonists

These medications have been shown to help prevent migraines in clinical trials. Researchers are testing CGRP receptor antagonist medications to also treat migraine attacks and are expecting that new medications may be available soon.

Developed by Med-IQ in collaboration with the National Headache Foundation