

A Guide for Talking with Your Doctor

To get more out of your next doctor's appointment, bring along this discussion guide and your migraine diary (*also available for download at MoreToMigraine.com*).

I experience migraine approximately ___ days per month.

Current Medication: _____

My migraine has kept me from doing the following things that are important to me:

My migraine has caused me to miss out on special events, such as:

In the past I have tried to treat my migraine with:

Questions you may want to ask your doctor:

How can I tell if my current medication is working?

Do you recommend any changes to how I currently treat my migraine days?

Are there other treatment options available to me?

If I'm still experiencing multiple migraine days per month, even on my current medication, what else can we do?

Are there ways I can prevent migraine that we haven't considered?

If we changed my migraine treatment routine what should I expect?

Should we be thinking about working with a headache specialist?

Use this space to note any other questions you have and information you want to remember:
