

### Migraine-Preventive Medication

MEDICATION	INITIAL DOSAGE	MAXIMAL DOSAGE or BLOOD LEVEL	VIRTUES	VICES
<b>TRICYCLIC ANTIDEPRESSANTS</b> Nortriptyline or amitriptyline	10 or 25 mg at bedtime	100 to 200 mg at bedtime or level greater than 200 to 250 ng/ml	Also good for insomnia, depression, anxiety	Possible dry mouth, sedation, constipation, increased appetite
<b>CALCIUM CHANNEL BLOCKERS</b> Verapamil or diltiazem	120 mg once or twice daily	240 to 360 mg twice daily	Well tolerated; also treats high blood pressure	Possible constipation
<b>DIVALPROEX</b>	125 to 250 mg at bedtime or ER (extended release) 500 mg at bedtime	1,000 mg twice daily or level greater than 200 mcg/ml	Also good for seizures, manic-depressive illness	Possible nausea, tremor, hair loss, sedation, increased appetite
<b>TOPIRAMATE</b>	25 mg at bedtime	100 mg twice daily	Possible weight loss	Possible sedation, dizziness, confusion
<b>BETA BLOCKERS</b> Nadolol Propranolol	20 to 40 mg daily 40 to 80 mg daily	80 mg twice daily 160 mg twice daily	Also treat high blood pressure and certain heart conditions	Possible fatigue, insomnia, depression; may be a problem with asthma or diabetes
<b>CYPROHEPTADINE</b>	2 to 4 mg at bedtime	8 mg three times daily	Can function as antihistamine for allergies	Possible sedation, increased appetite
<b>NONSTEROIDAL ANTI-INFLAMMATORY DRUGS</b> Ibuprofen Naproxen Celecoxib Rofecoxib	400 mg three times daily 220 mg twice daily 100 mg daily 25 mg daily	800 mg four times daily 660 mg three times daily 200 mg twice daily 50 mg daily	Can be used <i>intermittently</i> for prevention, as around menses, or before exertion	Not usually highly effective; possible stomach irritation
<b>CORTICOSTEROIDS</b> Prednisone	20 to 80 mg daily, then taper	—	Useful for brief treatment of "crises"	Many side effects, especially if used long-term
<b>METHYSERGIDE</b>	2 mg twice daily	4 mg three times daily	Rarely, will work when all else fails	Serious side effects in small percentage of users

Table 9