

Patient information from BMJ

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Migraines: questions to ask your doctor

If you have been diagnosed with migraines, you may want to talk to your doctor to find out more. Here are some questions that you might want to ask.

- Is there anything I can do to stop having these headaches?
- My symptoms scare me. How do I know I'm not having a more serious problem, such as a stroke?
- What can I do to stop a migraine once it starts? Are there treatments I can take when I know a migraine is starting but before the pain gets bad?
- Is it alright to keep taking painkillers if my pain is bad most days?
- Do I need tests to make sure there is not something else wrong with me?
- What are the most common things that trigger migraines?
- What's the best treatment for me? Are there any treatments that I can use to prevent migraines?
- What are the side effects of treatment?
- Will these treatments affect the other medicines I take?
- Is there anything I can do to help myself?
- Are there any treatments that are safe for pregnant women?

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