

# My Migraine Tips & Checklist



## For Home ...

- Decide ahead of time who will pick up any medication you may need from the pharmacy.
- Plan ahead of time where you want to “ride out” your migraine (bedroom, den, etc) and tell your spouse this is your “private area” until it passes.
- Make sure your spouse has your doctor’s phone number handy so you won’t have to look for it during your attack.
- Make emergency plans with friends, neighbors, or relatives for transporting your kids to school, activities, etc.
- Keep some quick meals handy. For your kids, make them their favorites so you (or someone else) won’t have to contend with a child who refuses to eat.
- Prepare a TO-DO list for whomever might have to take over child care duties for a day or two (include a description of where to find things).
- Make sure you always have the basic essentials ready (diapers, wipes, etc) for child care.
- Talk with your children and split up the chores mommy or daddy won’t be able to do (take out the garbage, clear the dinner table, feed the cat, etc).
- Keep a list (long) of babysitters who can respond at a moment’s notice in case your spouse can’t be available.
- Prepare and discuss a DOs and DON’Ts list of what kids can or can’t do while mommy or daddy is sick (no loud music, etc).
- Create an “activities box” and fill it with things your children like to do (eg, coloring books, puzzles, videos, etc).
- Pick activities they can do alone.
- Once the migraine has passed, treat your spouse to dinner and a movie. Show them how much you appreciate their patience and understanding.

## For Work ...

- Talk with your colleagues and supervisors ahead of time. Help them to understand that migraine is a recurring, periodic disease that lasts anywhere from 4-72 hours.
- Decide ahead of time if you want your colleagues calling you at home (if you do, distribute your home phone number and e-mail address).
- Make arrangements to have someone cover for you while you’re out.
- Offer to make up the time after your attack is over.
- Do something nice for the colleagues who do cover for you.
- Have an emergency ride home plan in case your attack is severe.

AXERT® Tablets are indicated for the acute treatment of migraine with or without aura in adults. AXERT® is not intended for the prophylactic therapy of migraine or for use in the management of hemiplegic or basilar migraine. Safety and effectiveness of AXERT® have not been established for cluster headache, which is present in an older, predominantly male population.

### IMPORTANT SAFETY INFORMATION

AXERT® is a prescription medication for the acute treatment of migraine with or without aura in adults. You should not take AXERT® if you have heart disease, uncontrolled high blood pressure or have ever had heart disease. If you have risk factors for heart disease (high blood pressure, high cholesterol, diabetes, obesity, smoking, family history of heart attack, menopause, or are a male over 40 years of age), or if you are pregnant, nursing, or thinking about becoming pregnant, talk with your doctor before taking AXERT®. Tell your doctor about all prescription and over-the-counter medications you are taking.

AXERT®, like other triptans, may be associated with a potentially life-threatening condition mainly when taken together with selective serotonin reuptake inhibitors (SSRIs) or serotonin norepinephrine reuptake inhibitors (SNRIs), two classes of drugs for depression or other disorders. Common SSRIs are Celexa® (citalopram HBr), Lexapro® (escitalopram oxalate), Paxil® (paroxetine), Prozac®/Sarafem® (fluoxetine), Symbyax® (olanzapine/fluoxetine), Zoloff® (sertraline), and Luvox® (fluvoxamine). Common SNRIs are Cymbalta® (duloxetine) and Effexor® (venlafaxine). If you experience symptoms such as confusion, sweating, flushing, rapid heartbeat, diarrhea, muscle weakness, poor balance, or worsening headache, contact your doctor immediately.

The most common AXERT® side effects are nausea, sleepiness, tingling sensation, headache, and dry mouth. Ask your doctor about side effects, possible drug interactions, and any other important questions you may have before taking AXERT®

Celexa and Lexapro are registered trademarks of Forest Pharmaceuticals. Paxil is a registered trademark of Glaxo Smith Kline Symbyax, Prozac/Sarafem and Cymbalta are registered trademarks of Lilly. Zoloff is a registered trademark of Pfizer. Luvox is a registered trademark of Solvay. Effexor is a registered trademark of Wyeth.

**For full US Prescribing Information, [CLICK HERE](#)**