

## Topiramate Regime in Headache

USE: Prevention of headache disorders (Migraine and Cluster Headache).

DOSAGE: the dose has to be increased gradually as given below. Continue increasing the dose until it is effective at suppressing your headaches/facial pain or you reach the maximum dose of 100mgs twice a day or you develop side effects.

If you start to get any side effects please let your General Practitioner or Neurologist know as soon as possible.

### **Dosage Schedule**

	MORNING	EVENING
For 14 days take:		<b>25 mg</b>
For 14 days take:	<b>25 mg</b>	<b>25 mg</b>
For 14 days take:	<b>25 mg</b>	<b>50 mg</b>
For 14 days take:	<b>50 mg</b>	<b>50 mg</b>
For 14 days take:	<b>50 mg</b>	<b>100 mg</b>
Thereafter take:	<b>100 mg</b>	<b>100 mg</b>

### **Common side-effects:**

- Tiredness, pins and needles in the fingers and toes, dizziness, numbness
- Difficulty with language, nausea, diarrhoea, indigestion, dry mouth, weight loss
- Decrease in appetite, drowsiness, forgetfulness, depression, changes in taste
- Difficulty with concentration or attention, difficulty in sleeping (insomnia)
- Anxiety, mood swings, vision disorders and kidney stones (long term use).

Rarely, sudden blurring of vision, pain and redness of the eyes has occurred, in both adults and children, typically during the first month of starting Topiramate. This can indicate raised pressure within the eye (glaucoma). If you develop any eye symptoms, particularly in the first few weeks of treatment, you should tell your doctor or contact the clinical nurse specialist immediately.

Do not stop taking Topiramate unless your doctor tells you to. If your treatment is stopped it should be done gradually.

**Pregnancy and Breast feeding:**

Topiramate is not recommended if you are pregnant, planning a pregnancy or are breastfeeding. Women of childbearing age should take adequate contraceptive precautions. Higher doses of the oral contraceptive pill are required whilst taking topiramate. Women taking the oral contraceptive pill should discuss the dose with their GP.