

## **Sodium Valproate 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 1000mg twice daily 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 2 weeks take:		<b>200 mg</b>
For 2 weeks take:	<b>200 mg</b>	<b>200 mg</b>
For 2 weeks take:	<b>400 mg</b>	<b>400 mg</b>
For 2 weeks take:	<b>600 mg</b>	<b>600 mg</b>
For 2 weeks take:	<b>800 mg</b>	<b>800 mg</b>
Thereafter take:	<b>1000 mg</b>	<b>1000 mg</b>

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

- Dizziness, somnolence, nausea, vomiting, abdominal pain, diarrhoea
- Double vision and weight gain.
- Rare side effects include alopecia (thinning of the hair), hepatotoxicity (affects the liver) or blood dyscrasia (affects the bone marrow and production of blood cells).

A routine blood test for liver profile and full blood count should be performed once per month while the drug is being titrated.

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