



FLARE UP MANAGEMENT PLAN

MANAGEMENT FOR: Migraines

TRIGGERS	INTERVENTION	ESCALATING WARNING SIGNS	INTERVENTION	EMERGENCY WARNING SIGNS	EMERGENCY INTERVENTION	RECOVERY
Bright light	Dim lights Use orange light app on devices	Visual aura – "sparkles /shimmers"	1 tablet Rizatriptan	Severe photophobia	Ask neighbor to take me to local WhiteCross or A&E	Medical certificate so I can take a day off work
Not getting enough sleep	20 min power nap	Headache	2 x 500mg paracetamol 1 x 200mg ibuprofen	Immobilising headache	Take a hot wheat bag and eye mask with you	Rest, with minimum 8 hours' sleep and a 20 min nap
Loud noise	Ear plugs		Lie down with wheat bag			Keep hydrated with water & sachets

IMPORTANT CONTACTS

DOCTOR NAME: _____

PHONE: _____

ADDRESS: _____

AFTER HOURS CLINIC: _____

PHONE: _____

ADDRESS: _____

EMERGENCY CONTACT: _____

PHONE: _____

ADDRESS: _____

MEDICATIONS

NOTES

Auckland City A&E usually takes me 4 hours for migraines.

It's busy on weekend nights so go to XYZ clinic instead. I normally get given stemetil by IV.

Don't forget to tell doctor or nurse about my allergies.

Make sure to leave outdoor light on so easy to get home. Neighbour's number is 021...

