

# Propranolol for Migraine Attacks

## Background

Propranolol is a member of a group of drugs known as beta-blockers. These are widely used for a number of conditions but particularly in cardiovascular medicine. They are also very effective in the prevention of migraine.

## Side effects

No tablets are without side effects in a small number of people. The main problems associated with beta-blockers are fatigue and coldness of the hands and feet. They should not be used if you have asthma or bronchitis as they can make this condition worse.

## Taking the tablets

The normal doses range between 20 mg and 80 mg twice a day. Start at the 20 mg dose and increase by 20 mg twice daily every two weeks up to 80 mg twice a day, or the dose that you are free of side effects if these are problematic.

## How long should I take them for?

You need to take the medication at the maximum dose you can tolerate for around 8 weeks before benefit can be judged. If there is a benefit, then they should be taken for at least six months after which time you may like to discuss with your doctor whether you can have a trial off treatment.

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This leaflet is intended to provide a brief overview of aspects of this treatment protocol. It is not intended as a substitute for the comprehensive 'product information' leaflet found inside all boxes of medication. The 'product information' leaflet should always be read before taking medication. **Your prescribing doctor will discuss the risks and benefits of the medication as it relates to you and answer any further questions you may have**

