



Migraines

What's Working as Preventatives

- 2 mg nightly of Klonopin
- 150 mg daily of Effexor
- 25 mg of Topamax

What Hasn't Worked as Preventatives

- Amitriptyline
- Nortriptyline
- Trazodone
- Aetenolol
- Gabapentin

Supplements That Have Worked

- 400 mg of Magnesium daily

What Works for Pain

- Imitrex Nasal Spray - hit and miss
- Imitrex injections - hit and miss
- Tylenol Number 3s - hit and miss
- Staedol - hit and miss
- Excedrin Migraine for normal headaches

What Hasn't Worked for Pain

- Relpax
- Maxalt
- Naproxen (up to 400 mg)
- Sumatriptan
- Phenobarbital

What Works for Vomiting

- Phenergan

Essential Oils That Have Worked

- Peppermint oil has provided some relief - the littlest amount - but definitely not taken away a migraine

Other Techniques that Help

- Ice packs, ice packs, ice packs
- Stay as hydrated as possible by drinking a lot of water
- Don't let yourself go hungry - this can make a migraine worse
- Laying still and moving as little as possible to keep your blood pressure down
- Laying in a dark/blacked out room
- Laying in a completely quiet room
- Just trying to take deep breaths through the pain and not cry (really difficult to do) because that will only make it worse