

# Monthly migraine diary



## How to Complete Your Migraine Diary

1. The numbers down the left hand side refer to the date (ie a calendar). Indicate the day of the week and the time that the attack started.
2. Record every migraine and any other headache you get against the appropriate date. Write down under the column whether it was a headache or a migraine that you experienced.
3. Assess the severity and any associated symptoms and record these under the appropriate columns.
4. Record ALL medication you take together with the dose and time taken.
5. For women, if applicable, please record in the last column when your period starts and stops. If you take any hormone treatments (eg contraceptive pill, HRT etc) write that in the hormones column.
6. If you experience aura or other visual symptoms please also mark on the diary and describe in more detail on the reverse of the card. Please feel free to record on the diary card (or additional sheet) any other information that may be relevant to your migraine or headaches (eg additional triggers such as stress, long journey, missed meals, neck tension etc).

# Monthly migraine diary

Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Other drugs - Daily prevention - Name: \_\_\_\_\_ Dose: \_\_\_\_\_

Month: \_\_\_\_\_ Year: \_\_\_\_\_ Hormonal treatments - Name: \_\_\_\_\_

Date	Day of week	Time attack starts	Did you have an attack? <small>Headache/Migraine</small>	Severity <small>Mild/Moderate/Severe</small>	Feel sick? Vomit		Medication taken: name Supplements taken: name	Time taken	Dose	Hormones taken <small>Yes/No</small>	Period <small>Yes/No</small>
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