

Doctor Discussion Guide

Chronic Migraine



If you are managing chronic migraine, working with your doctor is a must. It's important to monitor your symptoms, ask the right questions, and perform productive self-care. Complete the guide below and the tracker on the opposite page, then share them with your doctor to make the most of your appointment. This will empower you to develop a better understanding of your triggers, symptoms, and treatment options.

Your Life With Chronic Migraine

In the past month, have migraines prevented you from fully enjoying social and family events?

In the past month, have migraines made it difficult to work effectively?

How would you describe your migraine symptoms? (check on scale below)



My Chronic Migraine Treatment

Have you tried these types of migraine medications?

Acute: Yes No

Preventive: Yes No

Are you currently on a treatment for migraine?

Yes No If yes, which treatment?

How would you describe the effect of your current migraine treatment? (check on scale below)



Your Migraine Experience

In relation to migraine, what do you experience? (check all that apply)

- Aura Other _____
- Light-sensitivity _____
- Nausea _____
- Vomiting _____
- Smell-sensitivity _____
- Sound-sensitivity _____
- None of the above _____

On average, how many migraine attacks do you have in a month?

How long (minutes, hours, days) do your migraine attacks last, on average?

How much time (minutes, hours, days) does it take for you to feel normal again once a migraine attack has passed?

How often do migraine attacks disrupt your sleep habits?

Do you have a migraine self-care routine that works for you?