Questions About My Migraines

Print this guide and bring it with you to your next appointment. Use it to help start a conversation about treating your migraines differently. Use the space provided for notes or any additional questions you may have for your doctor.

Be sure to tell your doctor if:

• Your migraines have changed over time
• You frequently experience nausea or vomiting during a migraine
• You are not getting the relief you need with your current treatment

Questions for your doctor:

• What should I do when I feel a migraine coming on?
• Will taking too many pain medicines make my migraines worse?
• What are some common migraine triggers I should be aware of?
• What should I do if I wake up with a migraine?
• What if I throw up? Will my medicine still work?
• If I wait too long to treat my migraine, my medicine doesn’t always work very well. Is there anything I can do about this?
• What are the options besides oral medications to treat migraines?
• Is a nasal spray right for me?
• What is MIGRANAL® Nasal Spray?
• Is MIGRANAL right for me?

Notes:

continued

INDICATION
Migranal® (dihydroergotamine mesylate, USP) Nasal Spray is used to treat an active migraine headache with or without aura. Do not use it to try to prevent a migraine if you have no symptoms, to treat a common tension headache, or to treat a migraine that is not typical of your usual migraine.

IMPORTANT SAFETY INFORMATION

Serious or potentially life-threatening reductions in blood flow to the brain or extremities due to interactions between dihydroergotamine (the active ingredient in Migranal Nasal Spray) and protease inhibitors and macrolide antibiotics have been reported rarely. As a result, these medications should not be taken together.

Please see additional Important Safety Information on next page, and accompanying full Prescribing Information for MIGRANAL Nasal Spray, including Boxed Warning and Patient Information.
IMPORTANT SAFETY INFORMATION (cont)

Do not use Migranal Nasal Spray if you:

• Are pregnant or nursing
• Have any disease affecting your heart, arteries, or blood circulation
• Are taking certain anti-HIV medications known as protease inhibitors
• Are taking a macrolide antibiotic such as troleandomycin, clarithromycin, or erythromycin
• Have taken other medications for the treatment or prevention of migraine within the last 24 hours
• Have severe liver or kidney disease
• Experience hemiplegic or basilar migraines, which often cause paralysis or impairment of speech

Before taking Migranal Nasal Spray, tell your doctor if:

• You have high blood pressure, chest pain, shortness of breath, heart disease; or risk factors for heart disease (such as high blood pressure, high cholesterol, obesity, diabetes, smoking, strong family history of heart disease or you are postmenopausal, or male over 40); or problems with blood circulation in your arms, legs, fingers, or toes
• You are pregnant, planning to become pregnant or are nursing, or have ever stopped medication due to an allergy or bad reaction
• You are taking any prescription or over-the-counter medications, including vitamins or herbal supplements
• You have or had any disease of the liver or kidney
• This headache is different from your usual migraine attacks

The use of Migranal Nasal Spray should not exceed dosing guidelines and should not be used on a daily basis.

Serious cardiac (heart) events, including some that have been fatal, have occurred following use of injectable dihydroergotamine, the active ingredient in Migranal Nasal Spray, but are extremely rare.

You may experience some nasal congestion or irritation, altered sense of taste, sore throat, nausea, vomiting, dizziness, and fatigue after using Migranal Nasal Spray. Contact your doctor immediately if you experience:

• Numbness or tingling in your fingers and toes
• Pain, tightness, or discomfort in your chest
• Muscle pain or cramps in your arms and legs
• Weakness in your legs
• Temporary speeding or slowing of your heart rate
• Swelling or itching

You are encouraged to report adverse side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

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