Using Medication to Safely Treat Migraine Pain

by NEWLIFEOUTLOOK TEAM

Migraine Medication Safety

What's in your migraine emergency kit? Migraine is a condition that comes with its own set of complications. In addition to the pain, it is a very misunderstood condition, one which people often discount as being “just a headache.” The lack of a cure for migraine headaches makes it more difficult. However, you can manage the symptoms better with regular medication and adequate rest. You need to keep in mind that storage, expiration date and other details are important when it comes to medication, and you should carefully read and pay heed to certain things. Here are some tips for migraine medication safety.

Discuss Questions with Your Doctor

First and foremost, discuss all particulars with your doctor, especially regarding dosage, repeated dosages or increases if any emergency occurs. Ensure that you ask and clear all of the questions you have about it, such as the type of medication, how it is to be taken, before or after food, side effects that may occur and any other medications you are taking in addition to the condition.

Read the CMI

Read the consumer information leaflet (CMI) clearly at the drugstore. When you read your CMI at the pharmacy, you can clarify any details you need to know concerning the medication additionally with the drugstore pharmacist.

Write Down Your Questions

Once you start the course of medication or after you return from the doctor’s office, you may have questions about the drug, dosage or other things. Make a note of it, and ensure you check and find out all particulars at the next visit. Also, keep a list of questions to take with you to the appointment.

Store the Medication Appropriately

Ensure that you keep the medication in a cool, dry, place. Certain medicines may have to be refrigerated. Avoid storing in the bathroom or the kitchen, as both these areas tend to have fluctuations in the temperature and humidity levels from time to time. Also, if you have children at home, ensure that you keep them well out of reach yet in a place that is accessible to you. Think about safety for yourself and others when storing it.

Check the Expiration Date

Medication that has gone past the expiration date even a day should be disposed of properly. Make sure you find out the proper way to dispose of it and remember, flushing it is not a good choice, as it is often harmful to the

environment. Also, if you are using recycled water for purposes like gardening, you just may find most of your plants are dying out.

Don’t Miss Doses

Missing medication doses can render the drug useless. The course of medication can be a complicated process, and sometimes, you may find it hard to remember your dosage. Set reminders on your phone or organize them into containers for the daily dosage, so you can check the container to be sure you did not forget to have a dose.

Keep Doctors Informed

Keep your medication information handy and share it with your doctors. You may be seeing multiple practitioners like ophthalmologists, dentists, neurologists and/or cardiac specialists. It is important to update these professionals about the medication you are on at all times so there is no problem with one medication causing issues in union with another when taken.

Review Medication with the Doctor

Review all of the medication from time to time with your doctor. This allows you to have more control and work with your clinician towards a healthier, happier you. Rather than feel overwhelmed by the regimen, read up a lot about it and how you can work towards disease and pain management. There are many tips and changes in diet, lifestyle, rest and alternative treatments that can assist you with migraine headache management.

With careful attention, regular communication with your doctor, and keeping on track with your medication, you can soon be living a good life, free of recurrent pain and other symptoms.