

Table 6**Preventative treatments in migraine**

Drug	Dose	Selected side effects
Beta-blockers		
Propranolol	40-120 mg twice daily	Reduced energy Tiredness
Metoprolol	100-200 mg daily	Postural symptoms Erectile dysfunction Contraindicated in asthma
Antiepileptics		
Topiramate	25-200 mg daily	Parasthesiae Cognitive dysfunction Weight loss Glaucoma Renal stones
Valproate	400-600 mg twice daily	Drowsiness Weight gain Tremor Hair loss Fetal abnormalities Haematological and liver abnormalities
Tricyclic antidepressants		
Amitriptyline	10-75 mg nocte	Drowsiness Dry mouth
Nortriptyline	10-75 mg nocte	Some patients are very sensitive and may only need a total dose of 10 mg, although generally 1-1.5 mg/kg is needed for a response
Serotonergic modulators		
Pizotifen	0.5-3 mg daily	Drowsiness Weight gain
Methysergide	1-6 mg daily	Drowsiness Leg cramps Hair loss Retroperitoneal fibrosis (a one month drug holiday is required every 6 months) Only prescribed under supervision of headache specialist
Angiotensin-based modulators		
Lisinopril	10-20 mg daily	Persistent dry cough
Candesartan	8-32 mg daily	
Telmisartan	20-80 mg daily	
Neutriceutical		
Riboflavin	400 mg daily	Diarrhoea
Co-enzyme Q10	30-600 mg daily	
Magnesium	600 mg daily	
Controlled trials demonstrate no effect		
SSRIs e.g. fluoxetine Gabapentin Nimodipine Clonidine		
No convincing controlled trial evidence		
Verapamil		