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## TOPIRAMATE FOR MIGRAINE

### What is Topiramate (TOPAMAX)

Topiramate is a licensed preventative medication for migraine which is found to be effective in a significant proportion of patients. Topiramate belongs to a group of medications that are used to treat epilepsy.

### How should I take it?

Topiramate should be started at 25mg at night for 1 week before increasing to 25mg twice daily for a week, then 25/50 for a week then 50mg twice daily.

### What are its side effects?

As with all medications, there are potential side effects in a small number of patients. The most often reported effects are: tiredness, pins and needles in the fingers and toes, dizziness, lowered sense of feeling in the skin, difficulty with language, nausea, diarrhoea, indigestion, dry mouth, weight loss, decrease in appetite, drowsiness, forgetfulness, difficulty with concentration or attention, difficulty in sleeping (insomnia), anxiety, mood swings, depression, changes in taste and vision disorders. Rarely, sudden blurring of vision, pain and redness of the eyes has occurred, in both adults and children, typically during the first month of starting Topiramate.

**If you develop any eye symptoms, particularly in the first few weeks of treatment, you should tell your doctor immediately.**

You should not take Topiramate if you have:

- **A history of glaucoma**
- **A history of renal stones**
- **Ongoing depression. Caution should be exercised if there is a history of depression as it can make this problem worse.**

### Common side-effects - affect about 1 in 10 people who take this medicine

Feeling sick

Dizziness, feeling sleepy or tired

Diarrhoea

Weight changes, reduced appetite

### What can I do if I experience this?

Eat little and often. Stick to simple foods

If this happens, do not drive or use tools or machines

Drink plenty of water to replace lost fluids

If you are losing a lot of weight speak with your doctor who may advise you to increase the food you eat or take a food supplement

*Tingling feelings, problems concentrating, lack of co-ordination, blurred eyesight, blocked or runny nose, nosebleeds, abdominal pain, indigestion, dry mouth, skin rash, hair loss, muscle weakness or pain, fever, difficulty sleeping, and mood swings. If any of these become troublesome, speak with your doctor for advice*

### Pregnancy and breast-feeding

Topiramate is not recommended if you are pregnant, planning a pregnancy or are breast feeding. Women of child bearing age should take adequate contraceptive precautions. Higher doses of the oral contraceptive pill may be required whilst taking Topiramate. Women taking the oral contraceptive pill should discuss the dose with their GP.

### How long do I need to be on the tablets for?

The maximum dose that can be tolerated should be used for 4 months to assess benefit of effect. There are no significant drug-drug interactions with Sumatriptan, Propranolol, Pizotifen, Amitriptyline and Dihydroergotamine. There may be interactions with Digoxin, Metformin and thiazide derivatives but the clinical significance of these interactions is not clear.

*This leaflet is intended to provide a brief overview of aspects of this treatment protocol. It is not intended as a substitute for the comprehensive 'product information' leaflet found inside all boxes of medication.*

*The 'product information' leaflet should always be read before taking medication. Your prescribing doctor will discuss the risks and benefits of the medication as it relates to you and answer any further questions you may have.*

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