



## **Verapamil Regime in Cluster Headache**

Verapamil is used to prevent the cluster attacks from occurring. The dose has to be increased gradually as given below. An ECG needs to be performed before each increase. Increase the dose only if advised by your General Practitioner or Neurologist. Continue increasing the dose until it is effective at suppressing your cluster attacks or you reach the maximum dose of 960mgs daily. The standard release formulation is better than the slow release (modified release) formulation and please ensure that you get the prescription for the appropriate formulation. Do not eat grapefruits while you are on verapamil. If you start to get any side effects please let your General Practitioner or Neurologist know as soon as possible.

	<b>Morning</b>	<b>Midday</b>	<b>Evening</b>
For 2 weeks take:	<b>120mgs</b>		<b>120mgs</b>

*Arrange to have an ECG performed - if the ECG is normal then:*

For 2 weeks take:	<b>120mgs</b>	<b>120mgs</b>	<b>120mgs</b>
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*Arrange to have an ECG performed - if the ECG is normal then:*

For 2 weeks take:	<b>120mgs</b>	<b>120mgs</b>	<b>240mgs</b>
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*Arrange to have an ECG performed - if the ECG is normal then:*

For 2 weeks take:	<b>240mgs</b>	<b>120mgs</b>	<b>240mgs</b>
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*Arrange to have an ECG performed - if the ECG is normal then:*

For 2 weeks take:	<b>240mgs</b>	<b>240mgs</b>	<b>240mgs</b>
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*Arrange to have an ECG performed - if the ECG is normal then:*

For 2 weeks take:	<b>240mgs</b>	<b>240mgs</b>	<b>360mgs</b>
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*Arrange to have an ECG performed - if the ECG is normal then:*

For 2 weeks take:	<b>360mgs</b>	<b>240mgs</b>	<b>360mgs</b>
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### **Side-effects:**

As with all medications, there are potential side effects in a small number of patients. The commonly reported side effects are: nausea, dizziness, tiredness, constipation, ankle swelling, palpitation, hypotension (low blood pressure), bradycardia (slow heart rate), arrhythmia (abnormal rhythm of the heart) and gingival hypertrophy (thickening of the gums).

Do not stop taking Verapamil unless your doctor tells you to. If your treatment is stopped it should be done gradually

### **Pregnancy and Breast feeding :**

Verapamil is not recommended if you are pregnant, planning a pregnancy or are breastfeeding. Women of childbearing age should take adequate contraceptive precautions.

This leaflet should be read in conjunction with the product characteristic leaflet that can be found inside all boxes of medication. The use of any medicine is based on considerations of how benefits outweigh potential side effects. **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.**