
Flunarizine Regime in Headache:

Flunarizine is used to prevent headaches from occurring. The dose has to be increased gradually as outlined below. Continue increasing the dose until you reach the maximum dose of 10 mg a day. If you start to get any side effects please let your General Practitioner or Neurologist know as soon as possible.

	Evening
For 1 month take:	5 mg
Thereafter take:	10 mg

As this drug is not licensed for use in UK, you can only obtain the prescription and medication from our pharmacy. Few weeks before you ran out of your supply you need to arrange review in clinic to enable us to issue another prescription to you.

Side-effects:

As with all medications, there are potential side effects in a small number of patients. The most often reported effects are: depression, drowsiness, fatigue and weight gain. Parkinsonian symptoms (tremor, slow movements, and stiffness), joint pain and menstrual irregularities can occur on rare occasions. As this medication has a long half-life it will usually take a few weeks for the side-effects to subside after stopping the drug.

Pregnancy and Breast feeding :

Flunarizine 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.**

Prescription:

As Flunarizine is a named patient drug, it is not readily available in most pharmacies. It can be obtained from the pharmacy at the National Hospital for Neurology and Neurosurgery. The pharmacy at the National Hospital for Neurology and Neurosurgery is open on Mondays to Fridays from 9am to 4.30pm.

You will need to take the prescription of flunarizine to the pharmacy. Alternatively, Dr Matharu's team can deliver the prescription to pharmacy and you can subsequently contact the pharmacy by phone to make the payment for the medication and delivery. Once the pharmacy has received payment, the staff members will ensure that the medication is posted to your address.

NHNN Pharmacy: 0203 448 3140

Written by Dr Manjit Matharu