



## **Topiramate Regime in Headache**

Topiramate is used to prevent headaches from occurring. The dose has to be increased gradually as given below. Continue increasing the dose until it is effective at suppressing your headaches, you reach the dose recommended by your doctor or you reach the maximum dose of 100mgs twice daily. If you start to get any side effects please let your General Practitioner or Neurologist know as soon as possible.

	<b>Morning</b>	<b>Evening</b>
For 7 days take:		<b>25mg</b>
For 7 days take:	<b>25mg</b>	<b>25mg</b>
For 7 days take:	<b>25mg</b>	<b>50mgs</b>
For 7 days take:	<b>50mgs</b>	<b>50mgs</b>
For 7 days take:	<b>50mgs</b>	<b>100mgs</b>
Thereafter take:	<b>100mgs</b>	<b>100mgs</b>

### **Side-effects:**

As with all medications, there is the potential for side effects in a small number of patients. The most commonly reported side effects are: tiredness, pins and needles in the fingers and toes, dizziness, numbness, 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, vision disorders and kidney stones (long term use).

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. This can indicate raised pressure within the eye (glaucoma). If you develop any eye symptoms, particularly in the first few weeks of treatment, you should tell your doctor or contact the clinical nurse specialist immediately.

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

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

Topiramate is not recommended if you are pregnant, planning a pregnancy or are breastfeeding. Women of childbearing age should take adequate contraceptive precautions. Higher doses of the oral contraceptive pill are required whilst taking topiramate. Women taking the oral contraceptive pill should discuss the dose with their GP.

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.**