

### **Indometacin Regime**

Indometacin is a non-steroidal anti-inflammatory drug (NSAID) that is used to prevent headaches occurring. Some headache types are extremely sensitive to Indometacin and can be ‘switched off’ by this medication. As part of your headache diagnosis your Consultant may wish to exclude these types of headaches and recommend a two-week outpatient trial of Indometacin, so as to record your response.

For a week prior to starting the trial you will need to complete a headache diary so we have a baseline recording of your headaches. The dose of Indometacin is then started and increased gradually over two weeks using the following regime:

	Morning	Afternoon	Evening
<b>For 3 days take:</b>	<b>25mg</b>	<b>25mg</b>	<b>25mg</b>
	<i>If after 3 days on this dose the headaches resolve completely then continue on this dose for the next 10 days</i>		
	<i>If after 3 days the headaches are still present, then increase the dose as outlined below:</i>		
<b>For 3 days take:</b>	<b>50mg</b>	<b>50mg</b>	<b>50mg</b>
	<i>If after 3 days the headaches resolve completely then continue on this dose for the next 7 days</i>		
	<i>If after 3 days the headaches are still present, then increase the dose as outlined below:</i>		
<b>For 7 days take:</b>	<b>75mg</b>	<b>75mg</b>	<b>75mg</b>

You will need to keep a diary throughout the period you are taking indometacin and for a week after you stop taking it

**Side effects** of Indometacin include stomach upset, indigestion and loose stools. To help prevent these gastrointestinal symptoms and protect your stomach, you should start an additional medication called lansoprazole 30mgs once daily. Other side effects include dizziness, mild increase in blood pressure, rash, wheeze and tinnitus. If you experience any significant side effects please let your Neurologist/Headache Nurse Specialist or General Practitioner know as soon as possible.

Indometacin can interact with the following drugs and should not be taken without discussing it fully with your doctor: aspirin, warfarin, lithium, ciclosporin, haloperidol, tiludronic acid, digoxin. Indometacin should not be taken if you have/have had kidney problems or stomach ulcers.