

MIGRAINE QUESTIONNAIRE



Prepare for your next doctor's appointment by completing this questionnaire. Your answers will help your doctor identify the type of headache you have and recommend appropriate treatments.^{1,2}

Make a doctor's appointment specifically to talk about headache or migraine.² If possible, let your doctor know in advance that you want to talk about headache at your appointment. The right diagnosis and treatment can take time, so be prepared to discuss your headache and answer additional questions from your doctor.^{1,2}

If your doctor's first treatment recommendation doesn't work well for you, make sure you book a second appointment to talk about your experience and ask about other treatment options. Your doctor may refer you to a specialist, if required.²

Write down answers to the questions below and take them with you to your doctor's appointment.

1. WHEN DO YOUR HEADACHES HAPPEN?

How many days a month do you have headaches?

When did you get your first headache?

Do you ever wake up with a headache?

What triggers your headaches or makes them worse?

Do you get any warning that a headache is about to start?

2. WHAT DO YOUR HEADACHES FEEL LIKE?¹

Which parts of your head hurt?

What does the pain feel like?

How often is the pain mild, moderate or severe?

Do you get any non-pain symptoms with your headache or before your headache?

3. WHAT IS THE IMPACT OF YOUR HEADACHE ON YOUR LIFE?^{1,3}

Does your headache keep you from your daily activities?

Is there anything you avoid or don't do anymore because of your headaches?

4. HOW DO YOU MANAGE YOUR HEADACHES?¹

Are there things you do to help relieve the pain?

What works well and what doesn't?

What medicines have you tried? What doses did you take and for how long?

**Take your answers with you
to your doctor's appointment.**

References:

1. DiLonardo MJ (ed. Ratini M). Talking to your doctor about your migraine. WebMD. 2021. Available at: <https://www.webmd.com/migraines-headaches/migraines-doctor-conversation>. Accessed September 2022.
2. Your doctor and your headache – a vital partnership. Migraine & Headache Australia. Available at: <https://headacheaustralia.org.au/headache-management/your-doctor-and-your-headache-a-vital-partnership/>. Accessed May 2022.
3. Headache Classification Committee of the International Headache Society (IHS) The International Classification of Headache Disorders, 3rd edition. *Cephalalgia*. 2018;38(1):1-211.