

Here is a list of many commonly tried medications and interventions for headaches.

Check the box of everything you have tried

Over-the-Counter (OTC) Medications:

1. **Analgesics:**

Acetaminophen (Tylenol)

Ibuprofen (Advil, Motrin)

Aspirin

2. **Combination Medications:**

Excedrin (aspirin, acetaminophen, and caffeine)

Prescription Medications:

Tension Headaches:

1. **Muscle Relaxants:**

Cyclobenzaprine (Amrix, Flexeril)

Migraine Treatment:

1. **Abortive Medications (for treating attacks):**

Triptans (sumatriptan, rizatriptan, eletriptan)

Ergotamines (dihydroergotamine)

Anti-nausea medications (metoclopramide,
prochlorperazine)

2. Preventive Medications: (for stopping headaches from starting)

- Beta-blockers (propranolol, metoprolol)
- Calcium channel blockers (verapamil)
- Antidepressants (amitriptyline, nortriptyline)
- Anticonvulsants (topiramate, valproate)
- CGRP (calcitonin gene-related peptide) inhibitors (aimovig, ajovy)

Cluster Headaches:

1. Acute Treatment:

- Oxygen therapy
- Triptans (sumatriptan, zolmitriptan)
- Octreotide

2. Preventive Medications:

- Verapamil
- Corticosteroids (prednisone)
- Lithium

Interventional Treatments:**1. Nerve Blocks:**

- Supraorbital nerve blocks
- Occipital nerve blocks

2. Botox Injections:

- OnabotulinumtoxinA (Botox) for chronic migraines

3. Sphenopalatine Ganglion (SPG) Blocks:

- Lidocaine or other anesthetic agents

4. Neurostimulation:

- Occipital nerve stimulation
- Deep brain stimulation

5. Radiofrequency Ablation:

- Ablation of occipital nerves

Other Treatments:**1. CGRP Inhibitors:**

- Monoclonal antibodies targeting CGRP receptors (erenumab, fremanezumab, galcanezumab)

2. Anti-nausea Medications:

- Metoclopramide
- Prochlorperazine

3. Corticosteroids:

- Prednisone (used in certain types of headaches, including cluster headaches)

4. Antidepressants:

- Amitriptyline
- Nortriptyline

5. Anti-seizure Medications:

- Topiramate
- Valproate

6. Caffeine:

- Some combination medications include caffeine due to its vasoconstrictive effects.

7. Oxygen Therapy:

- High-flow oxygen for cluster headaches