

Headache Questionnaire

Your name: _____ Today's Date: _____

At what age did you have your first headaches? _____ When did your current headaches begin? _____

Any preceding head injury, infection, or toxin exposure? _____

How many total days per month: do you have a headache of any type? _____ severe headache? _____

Where does it hurt? L | R | B | Alternates sides | Forehead | Temple(s) | Top of head | Back of head | Eyes

How severe (on a scale of 0-10; 10 is the *worst*): are your headaches, on average? _____ At worst? _____

How long do your headaches last on average? _____ sec | min | hrs | days | At worst? _____

How many DAYS in the last 3 months did you have to miss work, school, family, or social functions, or your functioning was reduced by 50% or more, due to your headaches? (0-90) _____

What time of day do they occur? _____ How many attacks per day? 0-1/day | ____ per day | Continuous

Are your headaches triggered by:

Periods/hormonal changes	Laugh/Cough/Strain/Sneeze	Dehydration
Exercise	Moving your head/Turning neck	Skipping meals/hunger
Exposure to Heat	Change in weather	Certain foods/cheese
Stress	Smoke/Odors	Alcohol / Wine Caffeine
Lack of sleep/too much sleep	Bright lights/glare	Tactile stimuli (eg, touch, brushing
Standing up / Laying down	Noise	teeth, shaving)

Have you ever had a warning ("aura") before your headache? If so, describe.

How would you describe the pain of your most bothersome headaches? (please circle)

Aching	Pounding	Shooting	Throbbing
Burning	Pressure	Squeezing	Tightening
Dull	Pulsating	Stabbing	Vice-like
Electric	Sharp	Sudden Gradual	

Do you have any of the following associated symptoms with your headaches? (please circle)

Agitation/Restlessness	Sensitivity to Bright Lights	Confusion/lack concentration
Neck pain	Sensitivity to Loud Noises	Difficulty speaking/slurred
Sweating/flushing	Sensitivity to Smells	Weakness of limbs
Redness of eyes: R L Both	Sensitivity to Movement	Numbness
Tearing of eyes: R L Both	Nausea/Vomiting	
Nasal congestion: R L Both	Dizziness	
Ringing/whooshing in ears	Vision changes / Double vision	

Think about your current treatment of headache *and* other pain.

Preventive Med(s): _____ As-Needed Med(s): _____

How often do you take pain meds (not including preventives)? _____ per day | week | month

How many servings of caffeine do you get per day (include soda, tea, energy drinks) _____

How many hours of sleep do you get per night? _____ What is the quality of your sleep? _____

How many cups of water do you drink per day? _____ How much exercise do you get? _____

Have you ever tried any of the following treatments for your headaches? (**Please circle anything you've tried; UNDERLINE WHAT YOU ARE CURRENTLY USING.**)

Acupuncture	Magnesium	Petadolex
Biofeedback	Magnet therapy	Physical Therapy
Botox	Massage	Reflexology
Butterbur	Melatonin	Riboflavin (Vitamin B2)
Chiropractor	Migrelief	Surgery
Coenzyme Q10	Nerve block (occipital nerve,	Transcutaneous nerve
Feverfew	sphenopalatine ganglion,	stimulation
Hypnosis	etc)	

Have you ever gone to an ER or been hospitalized for treatment of your headaches? When?

Previous medications – to get an idea of what you've tried before, what worked, and what didn't

Preventive Treatments

(Circle if you've tried it; UNDERLINE WHAT YOU ARE CURRENTLY USING.)

Anticonvulsants

Topiramate (Topamax)
Valproate (Depakote)
Zonisamide (Zonegran)
Lamotrigine (Lamictal)
Gabapentin (Neurontin)
Pregabalin (Lyrica)

Tricyclic Antidepressants

Amitriptyline (Elavil)
Nortriptyline (Pamelor)

SNRIs

Venlafaxine (Effexor)
Duloxetine (Cymbalta)

Beta blockers

Propranolol (Inderal)
Metoprolol (Lopressor)
Atenolol (Tenormin)
Timolol or Nadolol

Calcium Channel Blockers

Verapamil (Calan, Verelan)

ACE Inhibitors

Lisinopril

Angiotensin Receptor Blockers

Candesartan (Atacand)
Telmisartan
Olmesartan (Benicar)

CGRP Monoclonal Abs

Erunumab (Aimovig)**
Fremanezumab (Ajovy)**
Galcanezumab (Emgality)**
Eptinezumab (Vyepti) (IV Infusion)**

Small molecule CGRP antagonists

Rimegepant (Nurtec)** (preventive basis; EOD)
Atogepant (Qulipta)**

Botox

Others

Acetazolamide (Diamox)
Cyproheptadine (Periactin)
Indomethacin (Indocin)
Lithium (Eskalith, Lithobid)
Methysergide (Sansert)*

Acute/Abortive/Rescue Treatments

(Circle if you've tried it; UNDERLINE WHAT YOU ARE USING.)

Over-the-Counter (OTC) Analgesics

Acetaminophen (Tylenol)
Aspirin (Bayer, Bufferin, BC Powder)
Ibuprofen (Advil, Motrin)
Naproxen (Aleve, Anaprox)
Excedrin (acetaminophen/aspirin/caffeine)
Anacin (aspirin, caffeine)

Prescription NSAIDs

Diclofenac potassium (Cambia)
Celecoxib (Elyxyb, Celebrex)
Ketorolac (Toradol, Sprix) PO/IV/IM/Nasal
Indomethacin (Indocin)

Triptans

Sumatriptan (Imitrex, Treximet, Zembrace,
Tosymra) | PO/SQ/Nasal
Almotriptan (Axert)
Eletriptan (Relpax)
Frovatriptan (Frova)
Naratriptan (Amerge)
Rizatriptan (Maxalt) | Oral, ODT
Zolmitriptan (Zomig) | Oral, nasal

Ergot Alkaloids

Dihydroergotamine (Migranal, DHE 45)
Nasal, IV, IM, SC
Migergot (ergotamine tartrate, caffeine) Rectal
suppository
Cafergot (ergotamine tartrate, caffeine)*
Ergomar (ergotamine)*
Ergostat (ergotamine)*
Wigraine (ergotamine tartrate)*

CGRP Receptor Antagonists (Gepants)

Rimegepant** (Nurtec ODT) | ODT
Ubrogepant** (Ubrekvy) | Oral
Zavegepant** (Zavzpret) Nasal

Selective 5-HT_{1F} Agonist (Ditan)

Lasmiditan*, ** (Reyvow)

Combination Rx Products

Treximet (sumatriptan/naproxen)

Barbiturate/Butalbital Combinations

Fioricet (acetaminophen, caffeine, butalbital)
Fiorinal (aspirin, caffeine, butalbital)
Esgic (acetaminophen, caffeine, butalbital)
Axotal (aspirin, butalbital)*

Other Combination Analgesics

Midrin

Antiemetics

Metoclopramide (Reglan) | Oral, IV
Prochlorperazine (Compazine) | Oral, IV, rect
Promethazine (Phenergan) | Oral, IV, rectal
Ondansetron (Zofran) | Oral, ODT, IV
Olanzapine (Zyprexa) | Oral, IM
Haloperidol (Haldol) | Oral, IM, IV
Domperidone (Not available in US)

Antihistamines

Diphenhydramine (Benadryl) | Oral, IV

Corticosteroids

Dexamethasone (oral, IV)
Prednisone (oral)
Methylprednisolone (Solu-Medrol, IV)

Narcotics

Tramadol, Vicodin, Percocet, Oxy, etc.

Other IV/Adjunctive Agents

Magnesium sulfate IV
IV fluids (normal saline) IV

Anticonvulsants (IV, Rescue)

Valproate (Depakote) IV

Benzodiazepines (not recommended)

Alprazolam (Xanax)
Lorazepam (Ativan)
Diazepam (Valium)