

Information Sheet for Patients using Metoclopramide/soluble Aspirin/soluble Paracetamol for Headache Attacks

How do these tablets work?

These tablets act in different ways to counter three main problems of migraine.

- *Metoclopramide*. During a migraine attack the stomach is affected which inhibits the absorption of tablets into the blood stream. There is often associated nausea. Metoclopramide reduces the nausea and helps to absorb medication into your blood stream.
- *Paracetamol* is a useful pain-killer which alleviates the pain component of migraine.
- *Soluble Aspirin* is an anti-inflammatory which reduces the inflammation component of migraine.

Can I take all these tablets together?

The tablets are meant to be taken together. They act in different ways and complement each other.

How should I take them?

You should take *Metoclopramide* 1 x 10mg tablet (10mg), soluble Paracetamol 3 x 500mg tablets (1500mg) and soluble Aspirin 3 x 300mg tablets (900mg). Ideally the Aspirin and Paracetamol should be taken as soluble preparations as these work quicker. There is also a suggestion that they work quicker if taken with a fizzy drink rather than ordinary water. Although this combination is used by Headache Specialists, these dosages are slightly higher than normally recommended. This is because it is important to get the blood levels of these tablets up to adequate levels quickly. Take them at the earliest indication of an attack. You should also check with your doctor before taking soluble Aspirin if you have stomach problems.

Metoclopramide is only available on prescription. Buccastem is an alternative that can be bought directly from the Pharmacist.

Do these tablets have any side effects?

All tablets have a number of listed side effects which you will find in the medication packets. However, side effects are rare.

Do these tablets interfere with any other medication I might take during an attack?

These tablets don't interfere with other migraine medication which can be taken in addition if needed.

Can I take this combination again?

The maximum dose of these medications in 24 hours should be *Metoclopramide* 3 x 10mg tablets (30mg total), Paracetamol 8 x 500mg tablets (4 grams total) and soluble Aspirin 8 x 300mg tablets (2.4 grams total).

This leaflet is intended to provide a brief overview of aspects of this treatment protocol. It is not intended as a substitute for the comprehensive 'product information' leaflet found inside all boxes of medication. The 'product information' leaflet should always be read before taking medication.

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.