

## Pharmacist Consultation Aid Checklist.

### Sumatran Relief 50 mg tablets (sumatriptan).

If a patient has been previously diagnosed with migraine by a doctor, the pharmacist can use the questions below to aid them deciding if the current condition of the patient will not be a risk factor for taking Sumatran Relief 50 mg tablets.

#### Questions:

	Question	Yes/No	Action
1	<b>Have you previously been diagnosed by a doctor with migraine?</b>		If yes, Sumatran Relief can be supplied.
2	Can you confirm your age is between 18 – 65 years?		Not to be taken if <18 years or > 65 years.
3	Have the headache symptoms been present in this episode for a long period of time? Longer than 24 hours?		If yes, there may be another underlying cause.
4	Do you experience any of the following symptoms?  Intense throbbing/pulsating headache Usually on one side of the head Worsened by routine physical activity Nausea (sometimes vomiting) Sensitivity to light, noise, smells		If not 2 or more of these symptoms refer to a doctor.
5	Have you taken any medication for the current headache episode? (Including OTC products)		If yes, ask what they have been taking? If a sumatriptan containing product, do they qualify for another dose of sumatriptan? Not to take within 24 hours of taking a triptan or ergotamine containing product.
6	Are you currently taking any other medicine? Chronic medication and specifically, the use and/or prolonged overuse of triptans, opioids ergotamine, or combination of these drugs. Have you been taking these or OTC medication (paracetamol, ibuprofen, codeine) for more than 10 days per month?		Take note for interactions with sumatriptan. See SPC (sec 4.5) for a full list.  Take note of potential medication overuse headache
7	Do you have any other medical condition or any newly diagnosed conditions e.g. heart disease? Hypercholesterolaemia Regular smoking Marked obesity Diabetes Family history of early heart disease		If yes, do they still qualify to take Sumatran Relief?  Refer the patient to a doctor

	Do you have any chest pain/shortness of breath?		
8	Have you been seen by a doctor lately to rule out any medical condition that could be the cause of recurrent or chronic headaches e.g. hypertension?		If no, should they be referred to a doctor? Sumatran Relief can't be taken in a hypertensive condition. If the cause seems to be medicine overuse headache (MOH), the patient must also be referred back to their doctor
9	Do you have any allergies you are aware of? Sulfonamides? Lactose? Check list of excipients		If yes, and it is for medicines, consider the implication for taking Sumatran Relief.
10	Do you get headaches very often? 15 or more days a month? Or recurrent headaches? (Four or more attacks per month)		If yes, should they be referred to a doctor. MOH: Headache present on > 15 days per month for 3 months, whose headache has developed or markedly worsened during medication overuse.
11	For female patients: Ask confidentially if there is a possibility that she may be pregnant. (Ask when was her last menstruation period).  Is she taking oral contraceptives?		If yes, sumatriptan should not be supplied in pregnancy. Woman taking an oral contraceptive have an increased risk of stroke and should be referred to a doctor if the migraine attacks started recently (within the last 3 months), migraine symptoms worsened, or they have migraine with aura.

Notes /list of medications used by the patient:

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