**Monthly Migraine Diary**

Migraine diary cards which record information about the attacks of migraine and other headaches are valuable in assisting the doctor with diagnosis, assessing trigger factors and assessing the effectiveness of treatments.

By filling them in, patterns of attacks become clearer. Medication use can be monitored and its usefulness assessed. It helps us to help you!

At the National Migraine Centre you will be given the diary cards on your first visit and they will be assessed at your follow up visit.

The diary card (one for each month) is very easy to use.

**How to complete the monthly migraine diary card**

1. Use one month to a page. The numbers down the left hand side refer to the date (i.e. as a calendar). Please indicate the day of the week using just an initial e.g. M for Monday, T for Tuesday etc.
2. Record every migraine and any other headache you get against the appropriate date. Put the time the attack started.
3. Write down under the pain-score column what the pain was for that day out of /10 where 10 is the worst pain you can imagine. If the day is pain-free completely, leave that day blank.
4. Record ALL medication you take for your acute attack. No need to write out the name in full. Use a code – an initial will be sufficient. Note down again if you repeat the medication later that day.
5. For women, if applicable, please record in the last column when your period is happening – a simple X will be fine.
6. (If you want to put in more details for yourself, note them in the comments column, on the back or on a separate page.)

Further migraine diaries may be obtained by visiting our website at <https://www.nationalmigrainecentre.org.uk/migraine-and-headaches/migraine-and-headache-diary/>

**Name:** ……………………………………………………………………………………………………

**Month and Year:** …………………………………………………………………………………

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| Date | Day of the week | Time attack starts | Pain Score1-10/10If zero, leave blank | Medication TakenInitials will doE.g. A = Aspirin | Time medication taken | Other Comments |
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