Medication Log

Everything you take **for** an attack — painkillers, triptans, gepants, anti-sickness tablets. One line per dose. The two pain scores are what show whether a medicine is actually working.

DATE	TIME	MEDICINE & DOSE	PAIN BEFORE /10	PAIN 2 H LATER /10	2ND DOSE?	SIDE EFFECTS / NOTES

MEDICATION DAYS THIS MONTH — TICK EACH DAY YOU TOOK ANYTHING ACUTE

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31

TOTAL DAYS THIS MONTH

Why count days, not tablets. Taking acute medication too often can itself cause more headaches (medication-overuse headache). The international criteria (ICHD-3, 8.2) count *days*: **15 or more days a month** for simple painkillers such as paracetamol, aspirin or ibuprofen; **10 or more days a month** for triptans, ergots, opioids or combination painkillers — sustained for more than three months.

If you are near those numbers, raise it with your doctor. Don't stop a prescribed medicine on your own.

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Medication Log

Every preventive you have tried, including the ones that failed. Insurers and specialists ask for exactly this — the dose you reached, for how long, and why you stopped — and it is the hardest list to rebuild from memory.

MEDICINE	HIGHEST DOSE	STARTED	STOPPED	WHY STOPPED — SIDE EFFECTS / NO CHANGE / OTHER	MIGRAINE DAYS / MONTH BEFORE → ON IT

ALLERGIES AND MEDICINES THAT DIDN'T SUIT ME

OTHER REGULAR MEDICINES AND SUPPLEMENTS

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