

Contact Us Toll Free at 1.866.208.3430

Headache Management

Education

Headache associated with the use of injectable medications for multiple sclerosis (MS) treatment is very common. Headache is one of the many “flu-like” symptoms patients may experience while on MS therapy, including fever, fatigue, chills, and a general feeling of discomfort. Symptoms of headache associated with the “flu-like” symptoms appear 2-8 hours after injection and may last up to 24 hours after the injection. Regardless of therapy, however, people with MS may already be at an increased risk of developing a headache due to the condition itself.

Helpful Tips for Headache Management

- Using non-drug therapy is important in the management of headache as well as the use of drug therapy.
- Try using cooling packs on your forehead and drink ice-cold liquids. Avoid hot liquids and hot foods especially in temperature-sensitive patients.
- Make sure you are getting adequate amounts of sleep.

Treatment Options

- Over-the-counter pain relievers such as ibuprofen (Motrin® or Advil®) or naproxen (Aleve®) are helpful in the relief of headaches caused by injectable MS medications. It is important not to start these medications without talking to your doctor or pharmacist for directions of use and to confirm you can safely take the medication first.
- If these medications and non-drug recommendations do not seem to control your headache, it is important to contact your health care provider for other options. Other medications that have been successful are a class of drugs called triptans, such as Imitrex®, Maxalt®, and Zomig®. Besides these medications, other medications used commonly in the treatment of headache have also been successful.
- Only you and your doctor can decide what medication is best for you.

For questions or concerns regarding any of the above statements or recommendations, please feel free to contact Diplomat Specialty Pharmacy Toll Free at 1.866.208.3430.