

Migraines



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Migraine is a neurological condition causing **recurrent moderate–severe headaches** with sensitivity to light/noise and often nausea or vomiting. Children may appear pale, tired, or irritable.

Common Symptoms

- Pulsating or throbbing head pain
- Nausea and/or vomiting
- Light or sound sensitivity
- Fatigue, dizziness
- Worsening with activity
- Abdominal pain in younger children

Triggers

- Irregular sleep
- Skipping meals
- Dehydration
- Stress/anxiety
- Weather changes
- Bright lights or loud environments
- Hormonal changes in adolescents

ACUTE MANAGEMENT OF MIGRAINE

General Rules (Migraine Canada)

1. Treat early, at onset.
2. A second dose can be given after 2 hours if needed.
3. Maximum: **Triptans 2 days/week; NSAIDs 3 days/week.**
4. Use nasal spray or ODT if vomiting early.
5. Medications from different classes may be combined.

1. Non-Specific Abortive Medications

Ibuprofen

- 10 mg/kg/dose q6–8h (max 600 mg)

Naproxen

- 5–7 mg/kg/dose q8–12h (max 500 mg)

Acetaminophen

- 15 mg/kg/dose q4–6h (max 1000 mg)

2. Specific Abortive Medications (Triptans)

Rizatriptan

- <40 kg: 5 mg
- ≥40 kg: 10 mg
(Max 2 doses/24h)

Zolmitriptan (PO/ODT/NS)

- <40 kg: 2.5 mg
- ≥40 kg: 5 mg
(Max 2 doses/24h)

Sumatriptan nasal spray

- <40 kg: 5 mg
- ≥40 kg: 20 mg

Almotriptan (≥12 yrs)

- 6.25–12.5 mg

Combination: Sumatriptan/Naproxen 85/500 mg (≥12 yrs) once/day

3. Anti-Nausea Medications

- **Ondansetron:** 0.15–0.2 mg/kg (max 8 mg)
- **Metoclopramide:** 0.1–0.3 mg/kg (max 10 mg)
- **Prochlorperazine:** 0.1 mg/kg (max 10 mg)

PREVENTING MIGRAINE EPISODES

1. Lifestyle Foundations

- Consistent sleep routine
- Regular meals with protein
- Hydration (~8 cups/day)
- Limit caffeine
- Daily exercise (30–60 minutes)
- Reduce screen use before bed
- Stress management/relaxation techniques

2. Daily Supplements

- **Magnesium:** 9 mg/kg/day (max 600 mg)
- **Coenzyme Q10:** 1–3 mg/kg/day (max 200 mg)
- **Riboflavin (B2):** 200–400 mg/day

3. Preventive Medications (Trial for 6–8 weeks at target dose)

- **Propranolol** 2–4 mg/kg/day divided TID (max 120 mg)
- **Amitriptyline** 1 mg/kg/day (max 75 mg/day)
- **Topiramate** 2 mg/kg/day (max 200 mg/day)

When to Seek Care

- Severe or sudden “worst headache”
- Headache with fever, neck stiffness, or confusion
- Persistent vomiting
- Weakness, slurred speech, or difficulty walking
- New headaches waking the child from sleep