

**Department of Neurology  
Headache Service**

Norfolk & Norwich University Hospital  
Colney Lane  
Norwich NR4 7UY

Direct Dial: 01603 287724

Fax: 01603 287360

Secretary email: [bethany.mcguire@nnuh.nhs.uk](mailto:bethany.mcguire@nnuh.nhs.uk)

**Information sheet for GPs for patients who may be eligible for Botox treatment of chronic migraine**

**Dear General Practitioner**

The patient must fit the criteria of at least 15 headaches per month and out of these 15 at least 8 with migrainous symptoms and been seen by a consultant neurologist who considers that the diagnosis is of chronic migraine.

Before the patient can be referred to the hospital for Botox injections they must have had at least three prophylactic treatments from different drug groups. Each drug needs to be titrated up to the working dose and kept at that dose for at least three months.

Three out of the following five drugs:

- Nortriptyline or Amitriptyline to at least 40 mg for at least three months.
- Propranolol to at least 80 mg to 160 mg for at least three months.
- Pizotifen to at least 1.5 mg for at least three months.
- Topiramate to at least 100 mg (50 mg bd) for at least three months.
- Sodium Valproate to at least 600 mg (300 mg bd) for at least three months.

If the patient suffers from side effects and is not able to keep taking a drug for the full duration, this still counts as one of the prophylactic treatments attempted to treat the migraines, just so long as the side effects can properly be attributed to the drug in question.

Patients will also need to keep a daily headache diary. Diary sheets with instructions on how to fill them in will have been provided to the patient. **Analgesic overuse (≥10 days of analgesics used per month) needs to be addressed before a patient can be considered for Botulinum toxin treatment.**

Once a patient has tried three prophylactics (**and does not overuse analgesics**) and still has documented headaches on 15 days per month, eight of which are migrainous, they can be referred to the Headache Clinic at the NNUH by their GP. Please be aware that the treatment consists of 31 injections around the scalp with very fine-bore needles.

Yours sincerely

**Dr V Dostal**  
**Consultant Neurologist**

Yours sincerely

**Dr A Valori**  
**Trust Practitioner in Neurology**

**L.Sant. Neurology Headache Specialist Nurse**