



Your Menstrual Migraine Appointment Discussion Guide

Appointments are often short. Complete what you can before you go, bring your symptom tracker, and use this guide to explain your pattern and the questions you want to discuss.

Before my appointment

The main thing I want help with: _____

My appointment date: _____

1. What to prepare

- Your completed symptom tracker.
- A list of all migraine treatments you use, including prescriptions, over-the-counter medicines and supplements. Note how often you use each one, roughly how many days per month, how well it works, any side effects or concerns, and whether it works differently during attacks around your period.
- Whether you experience migraine with aura, and any relevant hormonal changes or treatments, such as contraception, pregnancy, postpartum changes, perimenopause or HRT.
- A brief note on when your migraine attacks began and when you first noticed a link with your menstrual cycle.

2. Your pattern

My migraine attacks occur (circle one): consistently / often / sometimes around my period.

My migraine attacks usually begin ____ days before / on / after my period starts. I noticed this pattern in ____ of my last ____ cycles.

During this time, my attacks are usually (circle all that apply): more severe / longer lasting / harder to treat / include more symptoms. They affect me for approximately ____ days each cycle.

3. Questions to ask

Circle or highlight the three questions that matter most to you for this appointment.

1. Could this pattern be menstrual migraine? What information would help confirm that?
2. Could short-term prevention (also called mini-prevention) be appropriate for me, given how predictable my attacks and cycles are?
3. Could a hormonal approach be appropriate for me?
4. I have, or may have, migraine with aura. How does this affect which hormonal treatments or contraceptives may be appropriate?
5. Considering everything I use during the month, how often can I safely use each treatment?
6. How might my current life stage or an upcoming hormonal change affect my migraine and treatment plan?
7. What should I continue tracking, and when should we review whether the plan is working?

The one question I most want answered today: _____

4. If you feel dismissed

These phrases can help keep the conversation focused:

- *"This has happened repeatedly, and I have recorded the pattern here. Could we review it together?"*
- *"If this pattern does not meet the criteria for menstrual migraine, what other explanations should we consider?"*
- *"What information would help us assess whether these attacks are linked to my cycle?"*
- *"Could we document what we have discussed and agree on the next step?"*

If you continue to feel that your concerns are not being addressed, you can ask whether a referral to a headache specialist or a second opinion would be appropriate.

5. Notes from the appointment

Treatment or changes agreed: _____

When and how to use each treatment: _____

What to do if it does not work: _____

Side effects or warning signs to watch for: _____

What to continue tracking: _____

Referral or tests requested: _____

Review date: _____

My next step after this appointment: _____