

Medication: Metoprolol 25 mg for MIGRAINE

What is Metoprolol?

Metoprolol is a “beta-blocker” commonly used to treat high blood pressure. It blocks adrenaline and related chemicals. It can be used for migraine prevention. It can also be helpful for the physical effects of anxiety.

Expected Benefit:

- Usually takes several weeks to notice a benefit
- You may not notice a benefit until you get to a dose of 100 mg a day

Watch for possible side effects:

It is important to be aware of the side effects however, it is also important to remember that not all side effects occur in everyone. Many of the less serious side effects will improve over the first few days of taking the medication.

If you have problems with these side effects talk with your doctor or pharmacist:

- Dizziness
- Low heart rate
- Low blood pressure
- Fatigue
- Low Mood

Stopping the medication:

This medication should NOT be stopped abruptly if being used regularly or at higher doses. Stopping abruptly can be dangerous. Your doctor will advise you to reduce the dose slowly.

How to use this medication:

- Take this medication with or without food

Dosing Schedule:

- Start with 12.5 mg in the morning (i.e., a half-tablet)
- Increase dose according to table below
- You can stay at the same dose (stop increasing) if you get side effects
 - You might want to lower the dose one step

Morning	Evening	
12.5 mg		For 1 week
12.5 mg	12.5 mg	For 1 week
25 mg	12.5 mg	For 1 week
25 mg	25 mg	For 1 week
25 mg	37.5 mg	For 1 week
37.5 mg	37.5 mg	For 1 week



COMPLEX CHRONIC DISEASES PROGRAM

Medication Handout

Metoprolol (Lopressor®)

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37.5 mg	50 mg	For 1 week
50 mg	50 mg	Stay on this dose for 4 – 8 weeks

- Further dose increase should be coordinated with the clinic

Drugs and Foods to Avoid:

Ask your doctor or pharmacist before using any other medication, including non-prescription medication (over-the-counter medication) and herbal products.

Please contact the Complex Chronic Diseases Program if you have further questions about your medications.