

Medication: Propranolol 10 mg for MIGRAINE

What is propranolol?

Propranolol is a “beta-blocker” and is usually used to treat high blood pressure by blocking adrenaline and related chemicals. Propranolol can be used for migraine prevention and can also be helpful for treating the physical effects of anxiety.

Expected Benefit:

- Usually takes several weeks to notice a benefit for migraine prevention
- Benefit may not be noticed until a dose of 40 mg per day is reached

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. Your doctor may advise you to reduce the dose slowly.

How to use this medication:

- Take this medication with or without food

Dosing Schedule:

- Start with 10 mg in the morning
- Increase dose according to table below
- You can stay at the same dose (stop increasing) if you experience side effects
 - Alternatively, you may reduce the dose one step

Morning	Evening	
10 mg		For 1 week
10 mg	10 mg	For 1 week
20 mg	10 mg	For 1 week
20 mg	20 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.