

## INFORMATION TO PATIENTS

### Commonly prescribed medications for the treatment of headache disorders

#### TOPIRAMATE

##### Introduction

The aim of this leaflet is to provide information on the use of topiramate for the prevention of migraine in children and adolescents. Further information on topiramate can be found in the patient information leaflet supplied with the tablets or from your doctor or pharmacist. Please read this information before taking medication.

##### What is topiramate?

Topiramate is a drug to treat epilepsy, also known as Topamax. It has been shown to be effective in preventing migraine. Several studies have shown that it reduces frequency and severity of migraine attacks in children and adolescents upon regular use over a period of time. Due to the high placebo response in children with migraine, the value of topiramate can be underestimated. It is one of the medications that are recommended by (The National Institute for Health and Care Excellence (NICE)).

##### What is the dose of topiramate to prevent migraine?

The optimum dose of topiramate for prevention of migraine in children and adolescents is between 1-2 mg/kg/day. The dose should be increased gradually over 4-6 weeks. The usual starting dose is 25 mg/night and increased every 2 weeks to 50mg, 75mg and 100 mg as necessary.

If you experience side effects, you should not increase the dose further before discussing the treatment with your doctor. If treatment is successful, it should continue for 6-12 months before considering stopping it.

##### Does topiramate have any side effects?

As with all medications, topiramate may cause side effects in a small number of patients, typically during the first month of starting topiramate. The most often reported effects are: tiredness, pins and needles in the fingers and toes, dizziness, difficulty with language, nausea, diarrhoea, indigestion, dry mouth, weight loss, decrease in appetite, drowsiness, forgetfulness, difficulty with concentration or attention. If you develop any eye symptoms, particularly in the first few weeks of treatment, you should tell your doctor immediately.

##### Who cannot take topiramate?

You should not take topiramate if you have:

- a history of glaucoma
- a history of renal stones
- a history of depression.
- Topiramate is not recommended if you are pregnant, planning a pregnancy or are breast feeding. Women of child-bearing age should take adequate contraceptive precautions.
- Higher doses of the oral contraceptive pill are required whilst taking topiramate. Women taking the oral contraceptive should discuss the dose with their GP.