

Information Sheet for Patients with Perimenopausal Migraine

Migraine is often sensitive to fluctuating levels of oestrogen that occur around this time of life. Oestrogen applied by a patch or gel gets absorbed at a steady state through the skin and helps to level out these fluctuating levels that can make migraine worse. Oestradiol gel should be given at 1.5mg a day, 3 days before the onset of menses for 7 days. Oestrogen tablets can make matters worse as they are absorbed in an irregular manner.

However, too much oestrogen given too soon can also make the problem worse. For this reason, start with an Everol 25 microgram patch and cut it into quarters. Start with one quarter of a patch and increase by a quarter of a patch each month. If headache frequency increases, drop down to the previous effective dose. The dose can be built up progressively up to a maximum of 100 micrograms.

If you still have a womb, the oestrogen must be covered with a progestogen tablet to prevent over stimulation of the womb and your GP will advise you about this.

It should be noted that this is not a licensed indication for HRT although it is used by many doctors.

This leaflet should be read in conjunction with the product characteristic leaflet that can be found inside all boxes of medication. The use of any medicine is based on considerations of how benefits outweigh potential side effects.

Your prescribing doctor will discuss the risks and benefits of the medication as it relates to you and answer any further questions you may have.