

## Information on the vagal nerve stimulator - GammaCore

This device can help cluster headache by external stimulation of a nerve in the neck called the vagal nerve. It can be helpful in migraine but less so. It is available on prescription in the NHS, but is available to purchase privately.

Further information is on:

[http://youtu.be/TZsXg0fr\\_fg](http://youtu.be/TZsXg0fr_fg)

[http://youtu.be/vYEiBNQ3\\_hQ](http://youtu.be/vYEiBNQ3_hQ)

This is the gammaCore website which has useful information: [www.gammacore.com](http://www.gammacore.com)

Dosing regimes are:

*Preventative treatment* - two stimulations, three times per day.

First, within one hour of waking.

Secondly, around 1-2pm

Thirdly, approximately 7-8pm.

*Acute treatment* - two stimulations, wait five minutes, repeat up to three times.

It may take a number of weeks before benefit can be judged.