

Menstrual migraines

If you need this leaflet in a different language or accessible format
please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید،
لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formie,
proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil,
vă rog să discutați cu un membru al personalului să se ocupe
de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق
يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

Southport Hospital
Town Lane,
Kew,
Southport,
Merseyside,
PR8 6PN
Telephone:
01704 547 471

Ormskirk Hospital
Dicconson Way,
Wigan Road,
Ormskirk,
Lancashire,
L39 2AZ
Telephone:
01695 577 111

What are menstrual migraines?

Menstrual migraines usually occur within two days either side of the first day of a menstruation. If menstrual migraines are a problem, using either non-hormonal or hormonal treatments.

The non-hormonal treatments that are recommended are:

- Non steroidal anti inflammatory drugs (NSAIDs) - a widely used type of medication that helps reduce pain e.g. ibuprofen
- Triptans - medicines that reverse the widening (dilation) of blood vessels, which is thought to be a contributory factor in migraines e.g. sumatriptan, rizatriptan or eletriptan

Hormonal treatments that may be recommended include:

- Oestrogen patches - which are worn three days before the start of your period and continued for seven days
- Hormonal contraception - such as the combined oral contraceptive pill
- Certain types of contraceptive implants or injections

Special instructions

Any condition specific danger signals to look out for

If you have a severe headache that feels like the worst one you have ever had, phone 999.

Contact information if you are worried about your condition

Your own GP –

Please call 01704 385069 if you need this leaflet in an alternative format.

Southport Health and Wellbeing Centre,
Physiotherapy Gym 42-44 Houghton st
Southport, PR9 0PQ

Tel: 01704 385080

For appointments telephone (01704) 385080

Other useful telephone numbers/contacts

NHS 111

Stop Smoking Helpline (Sefton) - 0300 100 1000

Stop Smoking Helpline (West Lancashire) - 0800 328 6297

During your contact with us, it is important that you are happy with your care and treatment. Please speak to a member of staff and/or the ward/department manager/sister/charge nurse if you have any questions or concerns.

Rehabilitation

If you have any concerns or questions regarding your rehabilitation, please contact the director of rehabilitation, on tel no 01704 547471.

Infection control request

Preventing infections is a crucial part of our patients' care. To ensure that our standards remain high our staff have regular infection prevention and control training and their practice is monitored in the workplace. We ask patients and visitors to assist us in preventing infections by cleaning their hands at regular intervals and informing staff of areas within the hospital that appear soiled.

As a patient there may be times that you are unsure whether a staff member has cleaned their hands; if in doubt please ask the staff member and they will be only too happy to put your mind at ease by cleaning their hands so that you can see them.

Migraine clinics

If you are not responding to treatment or your migraines are not being well managed, your GP may refer you to a specialist migraine clinic for further investigation. Reasons for being referred include:

- doubt over the diagnosis of migraine
- a rarer form of migraine is suspected
- other headaches besides migraine are present
- treatment is not working well for you
- your migraines or headaches are getting worse and/or more frequent

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