

Migraine Appointment Checklist

A short agenda for a clearer headache or migraine visit

SET THE AGENDA

Appointment date

The one thing I most want help with

What has changed since my last visit?

My best estimate of headache and migraine days in a month

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BRING THE USEFUL FACTS

What attacks interrupt or prevent

Current treatments or strategies

Records I plan to bring

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|--|--|
| ☐ Headache diary | ☐ Medication list |
| ☐ Treatment history | ☐ Test or imaging reports |
| ☐ Insurance formulary | ☐ Other notes |

Questions I do not want to forget

What I want to understand before I leave
