

# Diary for Migraine Syndrome

## Symptom information code

1. Headache
2. Sinus pain
3. Neckache
4. TMJ (temporomandibular joint)
5. Vertigo
6. Palpitations
7. Bowel irregularities or pain
8. Low back pain
9. Anxiety or mood change
10. Memory problems

## Stage information code

- a. Prodrome phase
- b. Aura
- c. Climax phase
- d. Allodynia (tingling or tender skin)
- e. Return of functions

## Medication information code

- A. Medication: \_\_\_\_\_ Time to relief: \_\_\_\_\_  
B. Medication: \_\_\_\_\_ Time to relief: \_\_\_\_\_  
C. Medication: \_\_\_\_\_ Time to relief: \_\_\_\_\_

## Instructions

Under "Information codes" fill in the symptom information code(s) 1-10, the stage information code(s) a-e, and the medication information code(s). If applicable, record dates of menses with the letter M. Medication information code should include over-the-counter medicines. Record possible triggers, including light, sound, smell, food, stress, weather, work, sleep pattern, travel, and/or other medications.

Example:

1 Sun 11 am 1,3,9 a,c,d B no relief late to bed, awoken at 9 am, no breakfast, rainy  
2 Mon 6 am 1,3,9,10 c,e B 5-6 hours stressful day at work, sunny

The migraine syndrome diary will help you and your doctor better understand the severity, frequency, and possible triggers. You may need additional space for recording different foods and perfumes or colognes.