

# Migraine Symptom Diary Guidelines

Dear Patient,

To help us better understand your migraine patterns and symptoms, we ask that you maintain a Migraine Symptom Diary. Please follow the guidelines below:

## 1. Diary Format

- Use a physical notebook or a digital app of your choice.
- Record entries daily, even on days without migraines.

## 2. Information to Include

- Date and time of onset of migraine.
- Duration of the episode.
- Intensity of pain (scale of 1-10).
- Location of pain (e.g., one side, both sides).
- Accompanying symptoms (nausea, sensitivity to light/sound, aura).
- Medications taken and their effectiveness.
- Triggers (e.g., stress, certain foods, lack of sleep).
- Daily activities and overall mood.

## 3. Review Period

Bring your diary to your next appointment for review. This will assist us in tailoring your treatment plan more effectively.

Thank you for your cooperation.

Sincerely,  
Your Healthcare Team