Nationalt Videnscenter
for Hovedpine

# 3x3 Triptan

## Testing Triptans for Migraine

If you experience insufficient relief or bothersome side effects with the same triptan in 2 out of 3 attacks, you should consider trying a different type of triptan.

**At the start of a migraine attack**

1. Record the date and time when you take the triptan.
   Optionally, set an alarm for 2 hours.

2. Register your pain level 2 hours after taking the triptan

3. Register your pain level 24 hours after taking the triptan

4. Note any side effects or other special circumstances

**Notes**

## Triptan name:

### 1

DATE AND TIME

| | None | Mild | Moderate | Strong |
|---|---|---|---|---|
| Pain after 2 hours | ○ | ○ | ○ | ○ |
| Pain after 24 hours | ○ | ○ | ○ | ○ |
| Sideeffects | ○ | ○ | ○ | ○ |

**NOTES:**

### 2

DATE AND TIME

| | None | Mild | Moderate | Strong |
|---|---|---|---|---|
| Pain after 2 hours | ○ | ○ | ○ | ○ |
| Pain after 24 hours | ○ | ○ | ○ | ○ |
| Sideeffects | ○ | ○ | ○ | ○ |

**NOTES:**

### 3

DATE AND TIME

| | None | Mild | Moderate | Strong |
|---|---|---|---|---|
| Pain after 2 hours | ○ | ○ | ○ | ○ |
| Pain after 24 hours | ○ | ○ | ○ | ○ |
| Sideeffects | ○ | ○ | ○ | ○ |

**NOTES:**


## Triptan name:

### 1

DATE AND TIME

| | None | Mild | Moderate | Strong |
|---|---|---|---|---|
| Pain after 2 hours | ○ | ○ | ○ | ○ |
| Pain after 24 hours | ○ | ○ | ○ | ○ |
| Sideeffects | ○ | ○ | ○ | ○ |

**NOTES:**

### 2

DATE AND TIME

| | None | Mild | Moderate | Strong |
|---|---|---|---|---|
| Pain after 2 hours | ○ | ○ | ○ | ○ |
| Pain after 24 hours | ○ | ○ | ○ | ○ |
| Sideeffects | ○ | ○ | ○ | ○ |

**NOTES:**

### 3

DATE AND TIME

| | None | Mild | Moderate | Strong |
|---|---|---|---|---|
| Pain after 2 hours | ○ | ○ | ○ | ○ |
| Pain after 24 hours | ○ | ○ | ○ | ○ |
| Sideeffects | ○ | ○ | ○ | ○ |

**NOTES:**

## Triptan name:

### 1

DATE AND TIME

| | None | Mild | Moderate | Strong |
|---|---|---|---|---|
| Pain after 2 hours | ○ | ○ | ○ | ○ |
| Pain after 24 hours | ○ | ○ | ○ | ○ |
| Sideeffects | ○ | ○ | ○ | ○ |

**NOTES:**

### 2

DATE AND TIME

| | None | Mild | Moderate | Strong |
|---|---|---|---|---|
| Pain after 2 hours | ○ | ○ | ○ | ○ |
| Pain after 24 hours | ○ | ○ | ○ | ○ |
| Sideeffects | ○ | ○ | ○ | ○ |

**NOTES:**

### 3

DATE AND TIME

| | None | Mild | Moderate | Strong |
|---|---|---|---|---|
| Pain after 2 hours | ○ | ○ | ○ | ○ |
| Pain after 24 hours | ○ | ○ | ○ | ○ |
| Sideeffects | ○ | ○ | ○ | ○ |

**NOTES:**