

Are your migraines connected to your period?



If you have migraines, there's a good chance you get some of them during your Menstrual Window, which is from three days before your period starts (day -3) to the last day of your period. Having migraines within your Menstrual Window could mean you have Menstrual Migraine. Use this tracker to record all of your migraines during the month. Rate your level of migraine pain during your Menstrual Window. Complete at least two trackers, and bring them to your healthcare provider to aid in discussing your symptoms.

MONTH

INSTRUCTIONS

12

1. Number the days of the month in the small boxes.

X

2. Circle the days of your period.

3. Mark the days you have migraines with an "X."

Check where appropriate:

I had a migraine around the time of my period

My migraine(s) during my period

Caused me more pain than migraines at other times of the month

Came on slowly

Lasted more than 24 hours

Made me queasy, so that I felt like throwing up

Made it hard to concentrate

Impacted my work

Interfered with my daily tasks

Affected my ability to enjoy family/social events

I did not have a migraine around the time of my period

Below, rate the level of migraine pain from 1 (mild) to 3 (severe).

My next healthcare provider appointment:

Discuss this **Menstrual Migraine Tracker** with your healthcare provider and get the treatment that's right for you.

PLEASE NOTE: The free interactive Menstrual Migraine Tracker will be available soon. Visit frova.com again.

Important Safety Information

FROVA® (frovatriptan succinate) is a triptan medication used to treat migraine headaches in adults. Only your doctor can decide if FROVA is right for you. Do not use FROVA if you have uncontrolled high blood pressure; have heart disease or a history of heart disease; have had a stroke; have circulation (blood flow) problems; or have hemiplegic or basilar migraine (if you are not sure about this, ask your doctor). Cases of a potentially life-threatening serotonin syndrome have been reported with the use of triptan medications, including FROVA. Talk to your doctor before taking FROVA if you take selective serotonin reuptake inhibitors (SSRIs) or serotonin norepinephrine reuptake inhibitors (SNRIs), two types of drugs for depression and other disorders. If you experience symptoms of serotonin syndrome, which may include mental status changes, rapid heartbeat, lack of coordination or muscle weakness, and/or gastrointestinal symptoms, contact your doctor or healthcare professional immediately. Do not take FROVA if you have an allergic reaction to the tablet or within 24 hours of taking any triptans or ergotamine medications. The most common side effects associated with the use of FROVA are dizziness, tiredness, feeling of tingling, hot flashes, headache (other than migraine headache), dry mouth, hot or cold sensation, pain in joints or bones, chest pain, and indigestion.

Please read the accompanying Patient Product Information.

Intended for US residents only.

Courtesy of frova.com



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PATIENT INFORMATION ABOUT FROVA® (frovatriptan succinate) Tablets

Read this information before you start taking FROVA (FRO-va). Also, read the information each time you renew your prescription, in case anything has changed. This leaflet does not contain all of the information about FROVA. For further information or advice ask your doctor or pharmacist. You and your doctor should discuss FROVA before you start taking the medicine and at regular checkups.

What is FROVA?

FROVA is a prescription medicine used to treat migraine attacks in adults. It is in the class of drugs called selective serotonin receptor agonists.

FROVA should only be taken for a migraine headache. Do not use FROVA to treat headaches that might be caused by other conditions. Tell your doctor about your symptoms. Your doctor will decide if you have migraine headaches and if FROVA is for you.

There is more information about migraine at the end of this leaflet.

Who should not take FROVA?

Do not take FROVA if you:

- have uncontrolled high blood pressure
- have heart disease or a history of heart disease
- have hemiplegic or basilar migraine (if you are not sure about this, ask your doctor)
- have had a stroke
- have circulation (blood flow) problems
- have taken a similar drug (a serotonin receptor agonist) in the last 24 hours. These include sumatriptan (IMITREX®), naratriptan (AMERGE™), zolmitriptan (ZOMIG™), rizatriptan (MAXALT™), eletriptan hydrobromide (RELPAK®), or almotriptan (AXERT™)
- have taken ergotamine type medicines in the last 24 hours. These include BELLERGA®, CAFERGOT®, ERGOMAR®, WIGRAINE®, DHE 45®, or SANSERT®
- have any allergic reaction to the tablet

What you should tell your doctor before and during treatment with FROVA?

To help your doctor decide if FROVA is right for you, tell your doctor if you:

- are pregnant, or planning to become pregnant
- are breast-feeding or plan to breast-feed
- have any history of chest pain, shortness of breath, or palpitations
- have any risk factors for heart disease, including
 - high blood pressure
 - diabetes
 - high cholesterol
 - overweight
 - smoking
 - a family history of heart disease
 - past menopause
 - male over 40 years old
- are taking any other medicines, including prescription and non-prescription medicines, and herbal supplements
- have any past or present medical problems
- have previous allergies to any medicine

Tell your doctor if you take

- propranolol
- selective serotonin reuptake inhibitors (SSRIs) or serotonin norepinephrine reuptake inhibitors (SNRIs), two types of drugs for depression or other disorders. Common SSRIs are CELEXA® (citalopram HBr), LEXAPRO® (escitalopram oxalate), PAXIL® (paroxetine), PROZAC®/SARAFEM® (fluoxetine), SYMBYAX®

(olanzapine/fluoxetine), ZOLOFT® (sertraline), and fluvoxamine. Common SNRIs are CYMBALTA® (duloxetine) and EFFEXOR® (venlafaxine).

These medicines may affect how FROVA works, or FROVA may affect how these medicines work.

How should you take FROVA?

Take one FROVA tablet anytime after the start of your migraine headache. If your headache comes back after your first dose, you may take a second tablet after two (2) hours. Do not take more than three (3) FROVA tablets in a 24-hour period.

If you take too much medicine, contact your doctor, hospital emergency department, or poison control center right away.

What are the common side effects of FROVA?

The most common side effects associated with use of FROVA are:

- dizziness
- fatigue (tiredness)
- headache (other than a migraine headache)
- paresthesia (feeling of tingling)
- dry mouth
- flushing (hot flashes)
- feeling hot or cold
- chest pain
- dyspepsia (indigestion)
- skeletal pain (pain in joints or bones)

Tell your doctor about any symptoms that you develop while taking FROVA. If you feel dizziness or fatigue, take extra care or avoid driving and operating machinery.

In very rare cases, patients taking this class of medicines experience serious heart problems, stroke, or increased blood pressure. If you develop pain, tightness, heaviness, or pressure in your chest, throat, neck, or jaw, contact your doctor right away.

Also contact your doctor right away if you develop a rash or itching after taking FROVA. You may be allergic to this medicine.

What is a migraine and how does it differ from other headaches?

Migraine is an intense, throbbing headache that often affects one side of the head. It often includes nausea, vomiting, and sensitivity to light and sound. The pain and symptoms from a migraine headache may be worse than the pain and symptoms of a common headache. Migraine headaches usually last for hours or longer.

Some people have problems with vision (an aura) before they get a migraine headache. These include flashing lights, wavy lines, and dark spots.

Only your doctor can determine that your headache is a migraine headache, so it is important that you discuss all of your symptoms with your doctor.

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