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Amitriptyline for (Vestibular) Migraine

Amitriptyline has been used for many years, initially as an antidepressant. At lower doses it can be effective for pain relief, particularly headaches, including migraine.

What is the dosage?

The dose should be gradually increased as detailed below. You should increase the dose until symptoms are suppressed or you reach the maximum dose. If you experience intolerable side effects, then reduce to the previous dose and discuss with your prescribing doctor.

Amitriptyline should be taken at night-time starting with a dose of 10mg. This should then be increased by an extra 10mg every 1-3 weeks. It does not need to be increased above any dose that is effective in controlling your symptoms, and should not be increased above 100mg. Amitriptyline is available as 10mg, 25mg and 50mg tablets.

What are the side effects?

All medications have potential side effects, and side effects can reduce with time. More common side effects include – drowsiness (hence why this medication is taken in the evening / at night), dry eyes, dry mouth and constipation. You should be cautious if you are driving or operating machinery.

Amitriptyline may NOT be appropriate if you have:

- Heart Disease
- Liver Disease
- Epilepsy
- Glaucoma

Pregnancy and Breastfeeding

Amitriptyline is not recommended during pregnancy and should only be used if the benefits outweigh the potential risks. The levels of Amitriptyline in breast milk are low.

*Disclaimer: This Patient Information Leaflet is intended to provide a brief overview of this medication. It is not a substitute for the comprehensive 'product information' leaflet found inside all boxes of medication. The 'product information' leaflet **MUST** always be read before starting the medication. Your prescribing doctor will discuss the risks and benefits of the medication and they will decide on its suitability.*