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Topiramate for (Vestibular) Migraine

Topiramate is a licensed prophylactic (preventative) medication for Migraine. It is also licensed for treating epilepsy.

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.

Topiramate should be started at a dose of 25mg at night for 1-3 weeks before increasing to a dosage of 25mg twice a day for 1-3 weeks, then increasing to 25/50mg (morning/evening) for 1-3 weeks, and then increasing to 50mg twice a day.

What are the side effects?

All medications have potential side effects. However in general at the low doses used, it does not cause significant side effects for the majority of people. More common side effects include – low appetite and weight loss, nausea, low mood, and pins and needle sensations in the hands and feet. Patients may have cognitive slowing on higher doses, but this is unusual on the doses used for Migraine.

Rarely, Topiramate can cause acute angle closure glaucoma, which causes a painful red eye with blurred vision. This is an eye emergency and requires same day treatment in an eye hospital. If this occurs then Topiramate should be stopped immediately. Topiramate has also rarely been associated with the development of kidney stones causing loin/flank pain.

You should NOT take Topiramate if you have:

- History of Glaucoma
- History of Renal Stones
- Ongoing Depression
- If you are Pregnant or trying to conceive – appropriate contraception must be discussed with your GP prior to starting Topiramate

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.