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Venlafaxine for (Vestibular) Migraine

Venlafaxine is a medication known as a Serotonin and Noradrenaline Re-uptake Inhibitor (SNRI). It is used to treat Anxiety, Depression, Panic Disorder (all licensed usage), and Menopausal symptoms such as hot flushes (unlicensed). It has also been found in clinical trials to be an effective treatment for migraine, and although not yet licensed for the prevention of migraine in the UK, is becoming more widely used for this purpose.

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.

Venlafaxine Modified Release should be started at a dose of 37.5mg daily, and if required this can be increased to 75mg daily after 3-4 weeks. Higher doses (up to 150mg daily) are not usually required.

What are the side effects?

All medications have potential side effects in a small number of people, and side effects can reduce with time. More common side effects include – a temporary increase in anxiety when first starting the medication, light headedness, constipation or diarrhoea, headache, nausea, sleep disturbance, sexual dysfunction, and a rise in blood pressure. As lower doses are used for Migraine and Vestibular Migraine, side effects are less likely.

You should NOT take Venlafaxine if you have:

- Uncontrolled Hypertension (high blood pressure)
- Glaucoma
- Epilepsy
- If you are Pregnant or trying to conceive, or breastfeeding

*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.*