



Rimegepant For Migraine – Patient Information

Introduction

Rimegepant 75mg (Vydura®) is an oral lyophilisate (tablet that dissolves quickly in the mouth) given to treat migraine. The maximum dose is one tablet in 24 hours.

- Migraine is a common neurological condition often experienced as repeated, throbbing headaches that can last for hours.
- Migraine headaches are often accompanied by nausea and sensitivity to light, sound and smells. Some people experience an aura before the migraine begins - this can include disturbed vision (flashing lights, zig-zag lines or blurred vision) difficulties with speech or feeling dizzy.

It can be helpful to keep a migraine diary so you can see any patterns to your migraines (see [here](#) for an example or ask your GP surgery for a copy).

Rimegepant can be used in two different ways:

1. To treat a migraine attack (known as acute treatment). Rimegepant is taken at the start of a migraine to prevent it from continuing. This can be prescribed by a hospital specialist or a GP surgery.

and

2. To prevent migraines, so that the number of migraine attacks that you have is reduced (known as preventive treatment). Rimegepant is taken regularly on alternate days for preventive treatment. You will need to be under a hospital specialist to start taking it this way.

Before trying rimegepant to treat a migraine attack:

- You must have already tried 2 triptan medications (e.g. sumatriptan) which did not work well enough or
- If you are unable to take a triptan found simple pain-relief medication, such as paracetamol and ibuprofen, did not work well enough.

What is rimegepant and how does it help treat a migraine attack?

Rimegepant works by blocking a protein called calcitonin gene-related peptide (CGRP), which can be raised in people experiencing a migraine. Blocking the activity of CGRP can help stop a migraine attack and reduce the pain and symptoms associated with a migraine.

How well might rimegepant work for me?

- When rimegepant is taken to treat a migraine attack (acute treatment) most people are free from their worst migraine symptoms within 2 hours.
- When rimegepant is taken to prevent migraines, it should reduce the frequency of migraine attacks by at least 30%.



Are there any side effects or risks?

Rimegepant is generally well tolerated. The most common side effect is nausea. Less common side-effects include:

- Fatigue (tiredness).
- Heartburn, indigestion, belching or
- Sinus, throat or airways infections.
- **IMPORTANT** - If you experience signs of an allergic reaction such as a rash, fever, difficulty breathing or swallowing, redness or swelling of your eyes, face or mouth please seek medical attention immediately. Allergic reactions are uncommon; but can occur days later after taking rimegepant.

Is rimegepant suitable for me?

Rimegepant can be given to most adults over 18 years who have a history of migraine with or without aura.

Rimegepant should not be taken:

- during pregnancy or breast feeding,
- if you have a severe liver or kidney condition or
- if you are allergic to any of the ingredients (see the manufacturer's leaflet which comes with the medicine).

Although rimegepant is classed as safe to use in cardiovascular disease, there is a lack of clinical trial data in patients with severe heart disease. Local specialist advice recommends rimegepant is not started or taken within 6 months of a heart attack or stroke. It is also recommended that you periodically check your **blood pressure**. This will usually be once a year.

Drug interactions between rimegepant and other medication:

There are some important drug interactions with rimegepant. This is not a complete list. Please discuss your current medication with your healthcare professional, including any non-prescription medicines you buy.

Rimegepant should not be taken at the same time as these medicines:

- Itraconazole and clarithromycin (medicines for fungal or bacterial infections)
- Ritonavir and efavirenz (medicines used to treat HIV infections)
- Bosentan (a medicine used to treat high blood pressure).
- Modafinil (treatment for narcolepsy)
- Phenobarbital (epilepsy treatment)
- St John's wort (a herbal remedy used to treat depression)

Rimegepant should not be taken more than every 48hrs if you are also taking:

- Fluconazole or erythromycin (medicines for fungal or bacterial infections).
- Diltiazem, quinidine or verapamil (medicines which treat an abnormal heart rhythm, chest pain (angina) or high blood pressure).
- Ciclosporin (medicine used to prevent organ rejection after an organ transplant).

Regular consumption of grapefruit or grapefruit juice may increase rimegepant levels and increase the risk of side effects.



How do I take rimegepant?

- To treat a migraine attack you should take ONE rimegepant 75 mg oral lyophilisate as soon as you begin to experience a migraine to prevent it from continuing. **You must not take a further dose for at least 24 hours.**
- To prevent migraines you should take ONE rimegepant 75 mg oral lyophilisate on alternate days (note this can only be started by a **hospital specialist**).
- If you are taking rimegepant to prevent migraines; you may be advised that you can also take it to treat a migraine attack. The maximum daily dose is one rimegepant 75mg oral lyophilisate per day. Therefore you can not take rimegepant for an acute migraine attack on the same day you have taken it for migraine prevention.
- Use clean dry hands to remove from the packaging and peel back the foil covering. Don't try to push the tablet out of the blister pack.
- You do not need to have a drink; the tablet will dissolve without water. Place the tablet under the tongue.

Can I take other pain relief alongside rimegepant?

- You can take rimegepant alongside simple pain-relief such as paracetamol and ibuprofen if this helps; but try to limit the paracetamol and ibuprofen to no more than twice a week (or 8 days month) to help avoid medication overuse headache.
- If using rimegepant to prevent migraines you may continue to use a triptan for treating a migraine attack if you found this helpful.

How should I look after this medicine?

- Store in a cool, dry place out of direct sunlight. Once the foil blister is opened, take the tablet straight away, don't keep it for later.
- Never share medications with anyone else.
- All medications should be stored safely out of the reach of children.

When and who do I contact if I have any concerns?

If you experience anything you feel may be linked to rimegepant, please contact your healthcare professional. You should contact your GP surgery for a review:

- If you don't feel rimegepant is working for you or you have any new or altered symptoms.
- If you experience frequent migraines e.g. 4 or more migraine days a month and are not taking preventive treatment for migraine.

Where can I find more information about migraines?

- The manufacturers leaflet contains important information
- The Migraine Trust is a registered charity and is there to help people with migraine: visit their website: <https://migrainetrust.org/> or call: 0808 802 0066
- NHS Conditions Migraine: <https://www.nhs.uk/conditions/migraine/>

If you have any questions after reading this leaflet please speak to your Local Pharmacy or contact your GP surgery.