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## Rimegepant for migraine headache (Vydura)

This medicine can treat an active migraine attack and prevent future attacks from happening.

For treatment of a migraine attack once it has started, the recommended dose is one 75 mg tablet as needed and no more than once daily.

To prevent migraines the dose is one tablet every other day.

The maximum dose is one 75 mg tablet every day.

The most common side-effect is feeling sick (nausea), if this happens try taking your dose with a meal or snack.

### About rimegepant for migraine headache

Type of medicine	CGRP-receptor blocker
Used for	Treating and preventing migraine headaches in adults aged 18 years or older
Also called	Vydura®
Available as	'Melt-in-the-mouth' orodispersible tablets

Rimegepant can be used to treat an active [migraine headache](#) or to prevent migraine attacks from happening. Although it is not known exactly how rimegepant works, it is known to block the action of a substance called calcitonin gene-related peptide (CGRP) by attaching to its receptor sites in the brain. People with migraine may have raised levels of CGRP. By blocking the effects of CGRP, rimegepant can stop an active migraine attack and also reduce the number of attacks over time.

In people with migraine, it is thought that some chemicals in the brain increase in activity. As a result, parts of the brain then send out confused signals which result in the symptoms of headache and sickness ([nausea and vomiting](#)). Why people with migraine should develop these chemical changes is not clear, but for some people there may be things which trigger an attack, like certain foods or drinks.

## Before taking rimegepant

Some medicines are not suitable for people with certain conditions, and sometimes a medicine may only be used if extra care is taken. For these reasons, before you start taking rimegepant it is important that your doctor knows:

- If you are pregnant, trying for a baby, or breastfeeding.
- If you have any problems with the way your kidneys work or the way your liver works.
- If you have ever had an allergic reaction to a medicine.
- If you are taking any other medicines. This includes any medicines you are taking which are available to buy without a prescription, as well as herbal and complementary medicines.

## How to take rimegepant tablets

- Before you start this treatment, read the manufacturer's printed information leaflet from inside your pack. The manufacturer's leaflet will give you more information about rimegepant and a full list of side-effects which you may experience from taking it.

- Take rimegepant exactly as your doctor tells you to. If you are taking rimegepant to prevent migraine attacks then the usual dose is one 75 mg tablet every other day.
- If you are taking rimegepant to treat a current migraine headache then you can take one tablet every day if required. The maximum dose is one 75 mg tablet per day.
- The tablet is orodispersible which means it will dissolve in the mouth without the need to drink water.
- Take care to handle the tablet as little as possible and make sure your hands are dry. Peel back the foil on the blister, do not try to push the tablet through the foil. Place the tablet on, or under, your tongue and allow it to dissolve.
- It is not important whether you take your dose before or after food.
- If you forget to take a dose, take it as soon as you remember unless your next dose is nearly due, in which case, leave out the forgotten dose and take your next dose when it is due. Do not take two doses together to make up for a missed one.

## **Getting the most from your treatment**

- Try to keep all your regular appointments with your doctor. This is so your doctor can check on your progress.
- If you find that rimegepant does not relieve or prevent your migraines, make an appointment to discuss this with your doctor, as an alternative medicine may be more effective for you.
- It may help to keep a migraine diary. Note down when and where each migraine attack started, what you were doing, and what you had eaten that day. A pattern may emerge and it may be possible for you to avoid some of the things that trigger your migraine attacks.
- Some people may benefit from taking a non-steroidal anti-inflammatory painkiller (such as ibuprofen) in addition to rimegepant. Your doctor will advise you about this if it is recommended for you.

- Some medicines can affect how well rimegepant works. Your doctor or pharmacist will advise you on this, and you will find a full list in the manufacturer's information supplied with your pack.
- If you buy any medicines, check with your doctor or a pharmacist that they are suitable for you to take with rimegepant. You should not take the herbal medicine St John's wort while you are being treated with rimegepant..
- Some people who get frequent migraine attacks are in fact getting medication-induced headache. [Medication-induced headache](#) (also called medication-overuse headache) is caused by taking painkillers too often. If you use painkillers on more than two days a week on a regular basis, you may be at risk of this. You should talk with your doctor if you suspect it.
- If you are having an operation or dental treatment, tell the person carrying out the treatment that you are taking rimegepant.

## Can rimegepant cause problems?

Along with their useful effects, most medicines can cause unwanted side-effects although not everyone experiences them. The table below contains some of the most common ones associated with rimegepant. You will find a full list in the manufacturer's information leaflet supplied with your medicine. The unwanted effects often improve as your body adjusts to the new medicine, but speak with your doctor or pharmacist if any of the following continue or become troublesome.

<b>Common rimegepant side-effects (affecting fewer than 1 in 10 people)</b>	<b>What can I do if I experience this?</b>
Feeling sick (nausea)	Stick to simple foods, avoid rich or spicy foods. Try taking your dose with a meal

Stop using rimegepant and seek medical attention if you develop any signs of a severe [allergic reaction](#), such as shortness of breath, facial swelling or a severe skin rash.

If you experience any other symptoms which you think may be due to this medicine, speak with your doctor or pharmacist.

## How to store rimegepant tablets

- Keep all medicines out of the reach and sight of children.
- Store in a cool, dry place, away from direct heat and light.
- Once the foil blister is opened do not store the tablet for later use.

## Important information about all medicines

Never take more than the prescribed dose. If you suspect that you or someone else might have taken an overdose of this medicine, go to the accident and emergency department of your local hospital. Take the container with you, even if it is empty.

This medicine is for you. Never give it to other people even if their condition appears to be the same as yours.

Do not keep out-of-date or unwanted medicines. Take them to your local pharmacy which will dispose of them for you.

If you have any questions about this medicine ask your pharmacist.

If you experience side effects, you can report them online through the [Yellow Card website](#).

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## Further reading

- [Medicines Complete BNF 88th Edition](#); British Medical Association and Royal Pharmaceutical Society of Great Britain, London.
- [Manufacturer's PIL, VYDURA® 75 mg oral lyophilisate](#); Pfizer Limited, The electronic Medicines Compendium. Dated September 2022.

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