



**University  
Hospitals Sussex**  
NHS Foundation Trust

# Atogepant for preventing migraine

Neurology

Patient information

## What is this information about?

This information is about a medicine called Atogepant that helps to prevent migraines. It tells you how Atogepant works, how you use it, and any side effects or risks to be aware of. When you start Atogepant you are given a three-month trial. It is important to keep a diary of your symptoms for this time, so you know whether Atogepant is working.

## Why have I been given this information?

You have been given this information because you are being treated for migraine. Atogepant is one of the treatment options. This information will help you to understand what the risks and side effects of taking Atogepant are, especially if you are taking other medicines. Please keep this information in a safe place so that you can show it to anyone involved in your care.

## What is Atogepant and how does it work?

Atogepant is a prescription medicine used to prevent migraines in adults who have at least four migraine days a month.

Atogepant works by blocking the activity of Calcitonin Gene-related peptide which is responsible for pain transmission in your brain. This means that migraines will happen less often, and when they do happen, they may be less severe.

## How is Atogepant used?

Atogepant is a tablet that you can take daily.

## Who can use Atogepant?

You will be given Atogepant if:

- You have four or more migraines a month and
- You have tried at least three other preventative drugs and they have not helped to improve your migraines, or you could not tolerate the side effects to those drugs.

## Does Atogepant have any side effects?

Like all medicines, this medicine can cause side effects, although not everybody gets them.

## Common (may affect up to 1 in 10 people):

- Feeling sick (nausea).
- Constipation
- Tiredness (fatigue) or sleepiness (somnolence).
- Decreased appetite.
- Weight loss.

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet.

You can also report side effects directly via the Yellow Card Scheme, website: [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard).

## Which health conditions that I may have had must I tell my consultant or the headache nursing team about?

You must not take Atogepant if you are pregnant or breastfeeding.

Some health conditions mean that taking Atogepant might not be safe for you. Let your consultant or headache nursing team know if you have ever experienced or experience any of the following:

- high blood pressure (blood pressure over 150mmHg systolic)
- heart attack
- stroke
- DVT
- transient ischemic attack (TIA)
- unstable angina
- if you plan pregnancy in near future or if you are breastfeeding
- a disease or condition which has damaged your liver or kidneys, so they do not work as well
- have bowel disease that makes you more likely to be constipated.

## Can I take Atogepant if I am on other medication?

Atogepant could interact (react badly) with lots of medicines, so it is important you tell everyone involved in your care, and anyone who manages your medication, what medicines you are already taking.

After you have started Atogepant, make sure that any doctor prescribing your new medicine knows that you are on Atogepant, so they can make sure it is safe.

## What happens after I start using Atogepant?

When you start using Atogepant, you will be offered a three-month trial. During this time, you will take Atogepant daily.

It is important that you keep a headache diary that clearly shows the days you had a migraine as well as how severe the migraine was, scoring it from 0 to 10 (10 being the worst). The nurse will be able to judge how well the Atogepant is working by looking at your diary.

## Will I be able to continue using Atogepant if it is working?

If you have chronic migraine (more than 15 days a month), you will be able to continue with Atogepant if your migraines are at least 30% better than before you started the Atogepant.

If you have episodic migraine (4 to 14 migraine days a month), you will be able to continue with Atogepant if your migraines are at least 50% better than before you started Atogepant.

A few days before your telephone appointment, please send the photo of your headache diary to [uhsussex.headache.service.admin@nhs.net](mailto:uhsussex.headache.service.admin@nhs.net)

## Who can I contact for further information and advice?

**Email:** [uhsussex.headache.service.admin@nhs.net](mailto:uhsussex.headache.service.admin@nhs.net)

This information is intended for patients receiving care in Brighton & Hove or Haywards Heath.

Ref. number: 2470.1  
Publication date: 07/2025  
Review date: 07/2028

© University Hospitals Sussex NHS Foundation Trust Disclaimer:  
The information in this leaflet is for guidance purposes only and is in no way intended to replace professional clinical advice by a qualified practitioner.

