

Nortriptyline for Headache and Facial Pain

Nortriptyline is a medication that can help to stop headaches or facial pain from happening so often. It is also a medication that was used to treat depression. You need to take it every night. Nortriptyline is not licensed for the prevention of migraine. Sometimes a medicine is used “off-label”. This means it is not officially licensed for this condition, but there is good evidence that it is safe and effective. Nortriptyline is widely used by headache specialists and supported by clinical evidence.

Before Starting Nortriptyline:

Your prescriber will consider several factors before prescribing nortriptyline to make sure it’s safe and suitable for you.

Please tell your prescriber if you:

- Have glaucoma, epilepsy, heart or liver problems
- Take other medications for depression

Other things to consider:

- Nortriptyline can sometimes increase appetite or cause weight gain
- It may worsen symptoms of restless legs syndrome in some people
- It can cause drowsiness, which may make it more difficult if you work night shifts or have an irregular sleep pattern. You should not drive if nortriptyline makes you drowsy

How Do I Take Nortriptyline?

Take the medication at night before bed, because it can make you feel sleepy.

You will usually start on a low dose of nortriptyline, which will be gradually increased. This helps your body adjust and reduces the chance of side-effects.

The schedule below is a guide, but your prescriber may change it to suit your individual needs.

| | Evening |
|--------------------------------------|-------------|
| For 7 days take: | 10mg |
| For 7 days take: | 20mg |
| Thereafter take: | 30mg |
| your prescriber may increase further | |

If your symptoms improve but are not fully controlled, your prescriber may continue to increase the dose, if well-tolerated, **up to 100mg at night**.

This leaflet reflects a consensus of current clinical practice as agreed by the British Association for the Study of Headache (BASH) Council. It is intended to provide information to support clinical decision-making and does not constitute prescriptive guidance that must be followed in all cases. Clinicians should continue to exercise their own professional judgement and tailor management to the individual. The content reflects the collective experience of headache specialists across the UK, whose contributions are gratefully acknowledged, and recognises the ongoing evolution of best practice. This leaflet should be read in conjunction with the Summary of Product Characteristics and the patient information leaflet provided with all medication.

How Long Should I Try It?

- If you are tolerating nortriptyline well, it is advisable to reach a dose of 30mg each night
- Keep taking nortriptyline for at least 3 months before deciding if it is helping
- If you experience side-effects that are difficult to manage, contact your prescriber to discuss your dose
- Your prescriber or GP will review your treatment regularly
- Do not stop taking it suddenly, as this can cause withdrawal symptoms (such as feeling unwell, sleep problems, or increased anxiety) and your headaches may return or worse. Speak to your prescriber about how to reduce the dose safely
- If it is working well, your prescriber may advise gradually reducing the dose, typically after about 12 months

What Are the Possible Side-Effects?

Some people get side-effects. These usually get better as your body gets used to the medication.

This is not a full list of side-effects. Please read the information leaflet that comes with your medication for more details.

The most common side-effects are:

- Feeling sleepy
- Dry mouth,
- Constipation
- Feeling sick
- Trouble urinating
- Increased appetite
- Weight gain

If you feel tired or dizzy, do not drive, ride a bike, or use tools or machinery

Pregnancy and Breastfeeding

Nortriptyline can sometimes be used in pregnancy or while breastfeeding, but only in the lowest dose that helps. Your prescriber will talk to you about the benefits and the risks.

Always tell your prescriber if you are trying for a baby or think you might be pregnant.

For more information, see: Best Use of Medicine in Pregnancy (BUMPS)

<https://www.medicinesinpregnancy.org/>

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