

A guide for patients being treated with **BOTOX[®]** (Chronic Migraine)



Provided by

Our pursuit. Life's potential.[®]

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Important

Like all medicines, BOTOX® can have side effects. We strongly advise you to read the Patient Information Leaflet that comes with the medicine before treatment starts. Please ask your doctor or nurse to provide you with this leaflet, or you can read it online at: www.maltamedicineslist.com.

What is BOTOX®?

BOTOX® contains a tiny amount of a protein that would do harm in large amounts but in the very tiny amounts that doctors use, can be beneficial.

BOTOX® has been available worldwide for over 20 years and is used in the treatment of a number of medical conditions.

How may BOTOX® help me?

The treatment is used as a preventative treatment in chronic migraine. This means that rather than stop your headaches once they have started, it aims to reduce the number of days on which you get headaches and improve the quality of life of patients suffering from chronic migraine.

It is thought that the treatment blocks pain signals that indirectly block the development of migraine.

- You may still experience headaches or migraines but they may happen less often and might not last for so long
- You will only need to have re-treatment once every 12 weeks

What does the treatment involve?

Before your treatment

Before recommending BOTOX®, your doctor will have carried out a number of tests to check that it is a suitable treatment for you.

You should not receive treatment with BOTOX® if:

- You have had a bad reaction to botulinum toxin type A treatment in the past
- You have an infection at or around any of the areas to be injected
- You are pregnant or breast-feeding

You may be asked to continue with your migraine diary. You should carry on noting down:

- How many times you get headaches or migraines per month
- How long they last
- How severe they are

This will help you and your doctor keep track of how well your treatment is working for you.

How is the treatment given?

Your treatment consists of a set of injections that you will have in a hospital or clinic.

If you're scared of needles or concerned about your treatment, please speak to your medical team. They will be able to reassure you and answer any questions you may have. They will also be able to tell you what could be done to help you relax during treatment.

Your doctor will inject tiny amounts of botulinum toxin type A into the muscles around your shoulders, neck and head. Each session will need 31 injections and will take about 15 minutes.

If your headaches are worse in one particular area of your head, your doctor may give you a few more (up to 8) injections in the area(s) where you have the most pain.

You will only need to have this treatment once every 12 weeks. As with any type of injection, you may experience some discomfort during your treatment session, but this should not last for long.

What happens after treatment?

Your doctor or nurse may ask you to stay at the clinic for a short time, to check that you are comfortable following your treatment. You may also be asked to arrange your next appointment.

You may get some bumps on the skin at the places where you were injected, but these should disappear within a few hours. You should try not to rub the places where you have been injected for 24 hours after you receive your injections, in order to avoid infection.

Will I still need to take my painkillers or other prescription medicines?

Your doctor will discuss with you which medicines or painkillers are best to use while you are being treated.

What should I look out for after treatment?

Like all medicines, BOTOX® can cause side effects, although not everybody gets them. In general, side effects occur within the first few days following injection and last only for a short time. In rare cases, they may last for several months or longer. The side effects that have been reported following treatment with BOTOX® are described in the Patient Information Leaflet that can be found at www.maltamedicineslist.com.

Important

Side effects related to the spread of toxin distant from the site of administration have been reported very rarely with botulinum toxin (e.g. exaggerated muscle weakness, difficulty in swallowing, food or liquid accidentally going into the lungs and pneumonia).

You should contact your doctor immediately if you experience any of the following:

- Difficulty in breathing, swallowing or speaking
- Severe allergic reaction (*hives, swelling including swelling of the face/ throat, wheezing, feeling faint and shortness of breath*)

If you notice any side effects not listed in this booklet or the Patient Information Leaflet, please tell your doctor.

When will I need to see my doctor again for re-treatment?

Your doctor will tell you when you need to return for an appointment so they can follow up your progress over the longer term.

They may arrange an appointment for you after a few months to see how you are getting on. Or they may tell you to book an appointment to see them when the effects of BOTOX® start to wear off.

Where can I find out more information?

If you have any questions about your treatment, please ask your doctor or nurse. Why not write down any questions you have beforehand to make sure that all your questions are answered.

The Patient Information Leaflet can probably answer most of your queries. The doctor should give you a copy of this leaflet. Alternatively you can read it online at: www.maltamedicineslist.com.

Patient organisations

Malta Health Network
MHN Patients Rights
Malta
www.maltahealthnetwork.org
info@maltahealthnetwork.org

Multiple Sclerosis Society of Malta
www.msmalta.org.mt
maltams@gmail.com

Your guide to treatment with BOTOX®

(botulinum toxin type A)

Suspected side effects or medication errors should be reported since these increase the available knowledge on the medicine. Side-effects or medication errors can be reported to the Medicines Authority by filling in a form online at www.medicinesauthority.gov.mt/adrportal or at 203, Level 3 Rue D'Argens Gzira GZR1368 Alternatively they may be reported to Vivian Corporation, 29, Tower Street, Msida MSD1824 or by phoning +35621344610