

## Headache Medicine Consultation Information

We are delighted to evaluate your headache condition. Please take a few moments to prepare for your consultation and complete the appropriate forms before your appointment.

**History:** You will be asked to describe your headaches in detail. For example: Describe an episode (if they are episodic) from beginning to end, including warning signs; the location, character, and severity of the pain; sensitivity to light, sound, or odors; effect of movement or physical activity on the pain. Are there any other symptoms with the headache? Have you noticed any triggers (food, beverages, environmental, stress)? How do your headaches affect your life, even when you are not having one?

**Family history:** Does anyone else in your family have headaches? If so, who? What type of headaches do/did they have? If they found a successful treatment, what was it?

**Medications:** Please fill out the medication sheet. Include everything you are taking, even herbals and over-the-counter medications. For “as needed” medications, indicate how much you are really using (per day, per week, or per month).

If you have taken medications for headaches in the past, it would be helpful to bring a list of the medications you used, indicating whether or not they were effective and what side effects, if any, you experienced. If you do not have a list, the dispensing pharmacy can provide one.

**Headache Calendar:** If you keep a headache calendar, bring it with you. Otherwise, try to keep a calendar or diary prior to your visit.

**Diagnostic Tests and Old Records:** Bring imaging studies (films or CDs) and ask that relevant old records be sent to our office prior to your appointment.

**Paperwork:** Please fill out the history form, medications list, review of systems form, questionnaires, and patient information sheet prior to your

visit and bring them with you. Provide complete contact information for your primary care physician and any other physicians you would like to receive the report, particularly if they are out of state.

**Cancellations:** We maintain a cancellation list; if you have flexibility in your schedule, ask to be placed on it. We will call if something opens up. We do not double-book patients—your appointment slot is yours alone. If you must cancel your appointment, at least 48-hours notice is appreciated so we can try to schedule someone else (phone call preferred: 214-645-8800).

**Other:** Arrive 30 minutes prior to your appointment time to complete the check-in process. You should anticipate spending about three hours in the office during your initial visit. Please do not wear perfume, cologne, or scented lotions. All new patients will be seen by a physician, as well as a physical therapist and a psychologist if needed. UT Southwestern is a teaching program, so a medical student, resident, or fellow may also be involved in your evaluation. Co-payments are expected at the time of service.

A map and directions to the Aston Building are located online. Valet parking is available at the Aston Building. Nearby lodging with shuttle service is available for patients coming from a long distance who need to stay overnight. Our staff is able to help assist you with hotel arrangements. We look forward to your visit and the opportunity to participate in your care.

**Additional information and downloadable forms are available online at [utsouthwestern.org/headache](https://utsouthwestern.org/headache)**