

Migraine Headaches

**Evaluation and Management in the Emergency Department
Clinical Practice Guideline**

March 2025

Management of Migraine Headache in Children in the Emergency Department Clinical Practice Guideline

SSMHealth Cardinal Glennon
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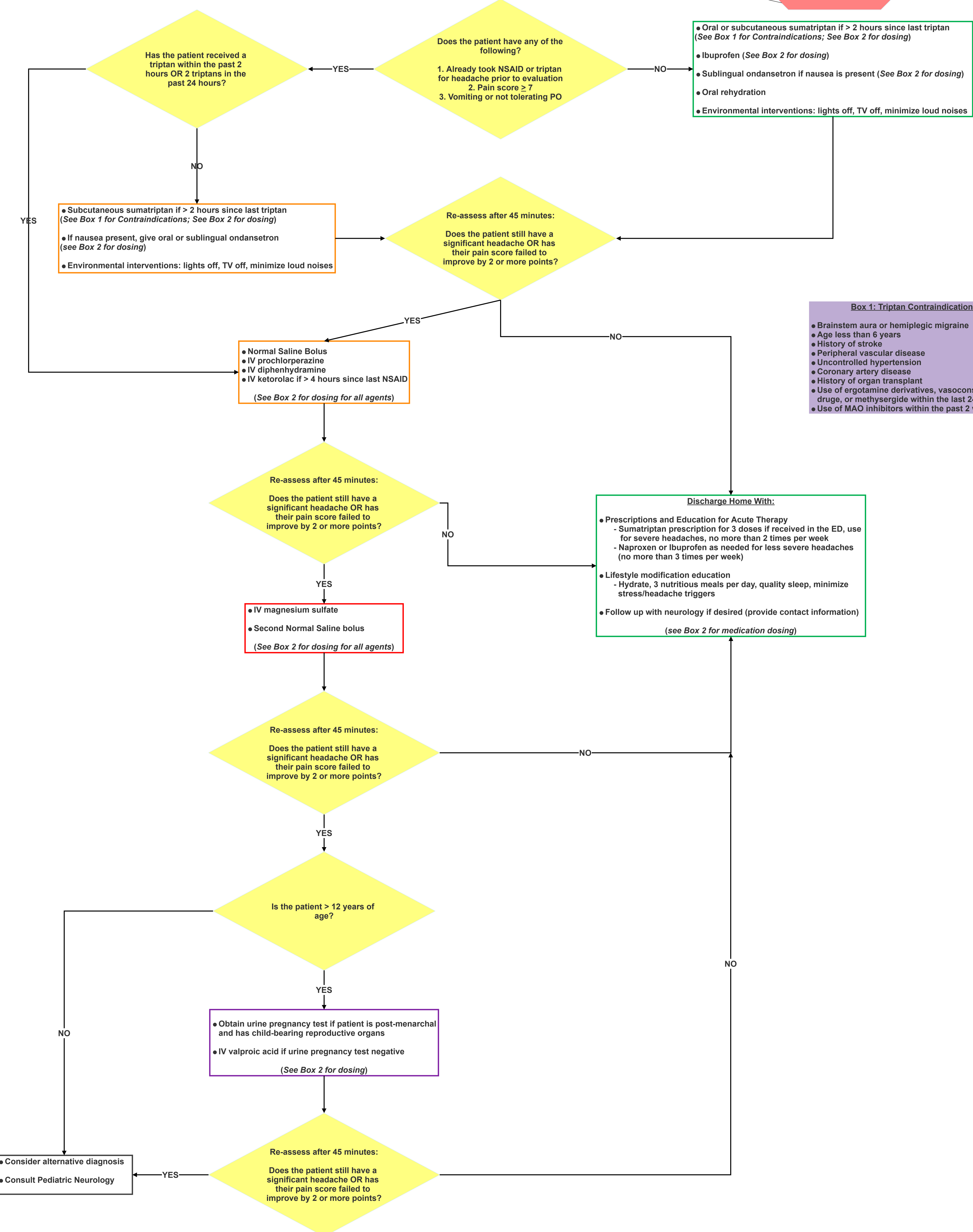
DISCLAIMER - PLEASE READ:
 While there is no established criteria for admission of patients suffering from headache in the pediatric population, improvement of headache severity in the ED in the absence of concern for alternative headache cause is a reasonable discharge criteria, with close neurology follow-up. Admission to the hospital can be counterproductive to headache resolution, and may exacerbate symptoms due to poor sleep, bright lights, sounds, noise, and other factors

Inclusion Criteria

- Detailed H+P Gathered
- Known history of migraines presenting with typical migraine pattern
- Normal fundoscopic exam
- No positive red flag questions (see right)

Red Flag Questions

- Age less than 6 years old
- Immunosuppression
- First time headache/migraine
- Atypical presentation
- Neurologic deficits
- Fever
- Closed head injury in the past 24 hours
- Signs of increased intracranial pressure



Box 1: Triptan Contraindications

- Brainstem aura or hemiplegic migraine
- Age less than 6 years
- History of stroke
- Peripheral vascular disease
- Uncontrolled hypertension
- Coronary artery disease
- History of organ transplant
- Use of ergotamine derivatives, vasoconstrictive drugs, or methysergide within the last 24 hours
- Use of MAO inhibitors within the past 2 weeks

Box 2: Medication Dosing (In Order of Appearance in Guideline)

- Sumatriptan (Oral)
 - Weight < 40kg: 25mg
 - Weight ≥ 40kg: 50-100mg
- Sumatriptan (Subcutaneous)
 - Weight < 40kg: 3mg
 - Weight ≥ 40kg: 6mg
- Ondansetron (Sublingual): 0.15mg/kg/dose (max 8mg/dose)
- Ibuprofen (Oral): 10mg/kg, maximum 800mg, every 6 hours
- Naproxen (Oral): 7mg/kg, maximum 500mg, every 12 hours
- Normal saline bolus (IV): 20mL/kg, maximum 1L, over 30-45 minutes
- Prochlorperazine (IV): 0.15mg/kg, maximum 10mg
- Diphenhydramine (IV): 1mg/kg, maximum 50mg
- Ketorolac (IV): 0.5mg/kg, maximum 30mg
- Magnesium sulfate (IV): 30mg/kg, maximum 1000mg
- Valproic acid (IV): 15mg/kg, maximum 1000mg