

TOPIRAMATE

**Other names**

Topamax

Drug category

Broad spectrum anticonvulsant with multiple mechanisms

Uses

Topiramate is most commonly used as a preventative drug for migraine. It is also used for epilepsy and other headaches.

Available forms

Tablet (25/50/100/200 mg), sprinkle capsule (15/25/50 mg), suspension (10 or 20 mg/ml)

Some potential side-effects (inform your doctor if you think you have a serious side-effect)

Dizziness, pins and needles in hands and feet, word finding difficulties, slowed thinking, weight loss, dry mouth, mood changes and others.

Rare: Kidney stones, rash, Raynaud's disorder, glaucoma (pain and redness in the eye)

Not to be used if:

Porphyria

Kidney disease (unless reduced dose prescribed)

Contraception, pregnancy and breastfeeding

Topiramate (especially if >200mg per day) makes hormone-based contraception less likely to work and an alternative method should be used after medical advice. Should avoid in pregnancy as increased risk of birth defects (4-5%). Avoid during breastfeeding.

Interactions with other drugs

May be more likely to cause side-effects when used with topiramate, zonisamide or sodium valproate

Monitoring

Consider blood tests every 12 months for kidney function

How to use it

Day	Morning dose	Evening dose
Start date	Nil	25mg
2 weeks later	25mg	25mg
4 weeks later	25mg	50mg
6 weeks later	50mg	50mg
After 6 weeks	Continue same dose	Continue same dose

If 50mg twice daily does not help and you have no side-effects, then it can be increased to a higher dose, and this can be done by adding 50mg every 2 weeks but the maximum dose should be no more than 400mg in a day (200mg twice a day). 100mg twice a day is probably the highest dose to use for migraines.

This information is for guidance only. Always read the medicine information leaflet with any new medicine for full details.