

Pizotifen safety advice

Pizotifen has historically been used for migraine prophylaxis. The side effects of weight gain via increased appetite and lethargy, in addition to sedation mean that it is no longer a popular treatment amongst specialists in adult practice. It is sometimes still used in those under 16 for migraine and migraine equivalents such as abdominal pain syndrome.

Advice for HCPs:

- Please consider reviewing patients who remain on pizotifen, with a view to assessing if this medicine is still needed, or if an alternative could be used with reference to the [Surrey Heartlands Primary Care Adult Headache Referral and Management Guidance](#).
- If discontinuing pizotifen there may be a risk of acute withdrawal reactions with abrupt cessation which can include anxiety, tremors, insomnia, nausea, and loss of consciousness.
- Gradual withdrawal from pizotifen is recommended.