

# Candesartan Regime in Headache

Information and advice for patients

## Neurology

### What is the medication and how do I take it?

Candesartan is used to prevent the headaches from occurring. The dose should be increased gradually as given below. Continue increasing the dose until it is effective at suppressing your headaches or you reach the maximum dose of 16mgs per day. If you start to get any side effects please let your General Practitioner or Neurologist know as soon as possible, to discuss reducing the dose to a level you previously tolerated, or stopping the medication.

	Morning	Evening
For 14 days take:		4 mgs
For 14 days take:	4mgs	4mgs
For 14 days take:	4mgs	8mgs
Thereafter take:	8mgs	8mgs

After one month, a blood test should be performed to check the kidney function and blood count.

### What are the side effects?

This medication is generally very well tolerated. As with all medications, there are potential side effects in a small number of patients. The most often reported are:

- dizziness (this can be due to low blood pressure and may improve with increasing the amount drunk)
- skin rash

Rare side effects include:

- liver inflammation
- cough
- blood disorders

Only continue to increase the doses of these drugs if your side effects are tolerable.

Please ask your General Practitioner for a prescription as detailed above. Details of the consultation treatment plan are outlined in a letter which will be sent to you and your GP.

### Pregnancy and Breast feeding

This drug is not recommended if you are pregnant, planning pregnancy or are breastfeeding. Women of childbearing age should take adequate contraceptive precautions.

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### Further information

#### NHS Website

About candesartan

<https://www.nhs.uk/medicines/candesartan/about-candesartan/>

(Website accessed & checked 14 April 2022)

For more information about our hospitals and services please see our websites

[www.swbh.nhs.uk](http://www.swbh.nhs.uk) follow us on Twitter @SWBHnhs and like us on Facebook

[www.facebook.com/SWBHnhs](http://www.facebook.com/SWBHnhs).

### Sources used for the information in this leaflet

National institute for health and care excellence (NICE) (2012). *Headaches in over 12s: diagnosis and management clinical guideline [CG150]*. Available at: <https://www.nice.org.uk/guidance/cg150> (Accessed 14 April 2022).

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International headache society (IHS) (2021). *The international classification of headache disorders (ICHD-3)*. 3rd ed. Available at: <https://ichd-3.org/> (Accessed 14 April 2022).

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If you would like to suggest any amendments or improvements to this leaflet please contact SWB Library Services on ext 3587 or email [swbh.library@nhs.net](mailto:swbh.library@nhs.net).



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ML6726

Issue Date: May 2022

Review Date: May 2025