Questions for a clinician

Bring this prompt sheet to a primary-care or specialist visit

Version	1.0	Publication date	20 November 2026
Last clinically reviewed	20 November 2026	Clinical reviewer	Dr. Eduardo Jacques
Privacy	No PHI fields, uploads or storage	Status	Clinically reviewed for publication

General health information only. This guide does not diagnose a condition or replace an assessment by a qualified clinician.

Choose the questions that fit your goals. You do not need to answer every question before the appointment.

Understanding the pattern

- What pattern does my story most resemble?
- What other causes or related conditions should we consider?
- Which features of my history or examination matter most?
- Could my sleep, meals, caffeine, mood, hormones, medicines or substances be contributing?

Testing and referral

- Would testing or imaging change management in my situation?
- What would make imaging or urgent reassessment more important?
- When would referral to neurology or a headache clinic be useful?
- How will we communicate results and decide on follow-up?

Treatment discussions

- Which acute-treatment classes could we discuss?
- Would a preventive-treatment discussion be reasonable, and what are the trade-offs?
- How can we avoid medication-overuse headache or unsafe combinations?
- Could physiotherapy, psychological support or another allied-health service help?

Safety and next steps

- Which symptoms should prompt urgent or emergency care?
- What should I record in a headache diary?
- What is the next review point if the pattern changes or remains disabling?

Sources opened and checked 20 November 2026

IHE / TOP Canadian headache guideline: https://www.ihe.ca/public/uploaded/headache-guideline.pdf

Choosing Wisely Canada headache recommendations: https://choosingwiselycanada.org/recommendation/headache/

Migraine Canada discussion guide: https://migrainecanada.org/wp-content/uploads/2025/06/Patient-version-Discussion-Guide_English_Extended_Final_Copy-Digital.pdf

Migraine Canada headache diary: https://migrainecanada.org/how-to-use-a-migraine-diary/

London Health Sciences Centre headache clinic: https://www.lhsc.on.ca/clinical-neurological-sciences/john-h-kreeft-headache-clinic

HealthLink BC migraine headaches: https://www.healthlinkbc.ca/healthwise/migraine-headaches-0

Canadian Paediatric Society acute migraine: https://cps.ca/en/documents/position/acute-migraine

Ontario OHIP coverage: https://www.ontario.ca/page/what-ohip-covers

Ontario medication coverage: https://www.ontario.ca/page/medication-coverage-results

Ontario Health811: https://www.ontario.ca/page/your-health

AAN / American Headache Society 2026 update: https://www.aan.com/PressRoom/Home/PressRelease/5361

American Headache Society diagnosis overview: https://americanheadachesociety.org/research/library/overview-of-migraine-diagnosis

NICE CG150: https://www.nice.org.uk/guidance/cg150

NHS headaches: https://www.nhs.uk/symptoms/headaches/

International Headache Society ICHD-3: https://ihs-headache.org/en/resources/ichd/