

Supplemental Tables

Table 1 Regime for titrating verapamil for Cluster Headache (CH)

The table below outlines the method we use for escalating verapamil, as a cluster headache preventative.

	Morning	Midday	Evening
For 2 weeks take*	120mg		120mg
For 2 weeks take	120mg	120mg	120mg
For 2 weeks take	120mg	120mg	240mg
For 2 weeks take	240mg	120mg	240mg
For 2 weeks take	240mg	240mg	240mg
For 2 weeks take	240mg	240mg	360mg
Thereafter take	360mg	240mg	360mg

**It is important to ensure that an ECG is performed prior to initiating and every increase in verapamil dosage.*

Table 2 Regime for titrating lithium for Cluster Headache (CH)

The table below outlines the method we use for escalating lithium, as a cluster headache preventative.

	Treatment	Investigations	Action
Baseline		Renal and thyroid function	Only start lithium if these are normal
Weeks 1-2 Day 1 Day 7 Day 14	Start lithium 300mgs twice daily and stay on this dose for 2 weeks Alter lithium dose as outlines in "action" section	Blood test for lithium level	<ul style="list-style-type: none"> • If headaches resolved or significant side effects develop, then re-evaluate. • If lithium level < 0.8 then increase dose by 100mgs twice daily (i.e. if on 300mgs twice daily then increase dose to 400mgs twice daily). • If lithium level 0.8-1.0, then do not increase dose unless advised by your medical team. • If lithium level >1.0 then will probably need to reduce the lithium dose.
Weeks 3-4 Day 21 Day 28	Stay on the lithium dose started on day 14 for two weeks Alter lithium dose as outlines in "action" section	Blood test for lithium level	<ul style="list-style-type: none"> • If headaches resolved or significant side effects develop, then then re-evaluate. • If lithium level < 0.8 then increase dose by 100mgs twice daily (i.e. if on 300mgs twice daily then increase dose to 400mgs twice daily). • If lithium level 0.8-1.0, then do not increase dose unless advised by your medical team. • If lithium level >1.0 then will probably need to reduce the lithium dose.
Weeks 5-6	Continue this cycle as required		