

# GEPANTS for preventive treatment

## Pills that block the CGRP receptor

(see PDF for acute treatment)

### What is CGRP?

- CGRP means Calcitonin Gene Related Peptide.
- CGRP is a protein naturally present in our bodies. It plays different roles, including pain signalling and blood vessel dilatation.
- CGRP plays an important role in migraine, so researchers sought to find ways to block it in order to treat migraine.

### What are Gepants?

- Gepants are a family or class of medications designed to treat migraine.
- They are taken by mouth (pills) and they block the CGRP receptor, not CGRP itself.
- Gepants can be used for the treatment of the migraine attack AND/OR regularly as preventives.

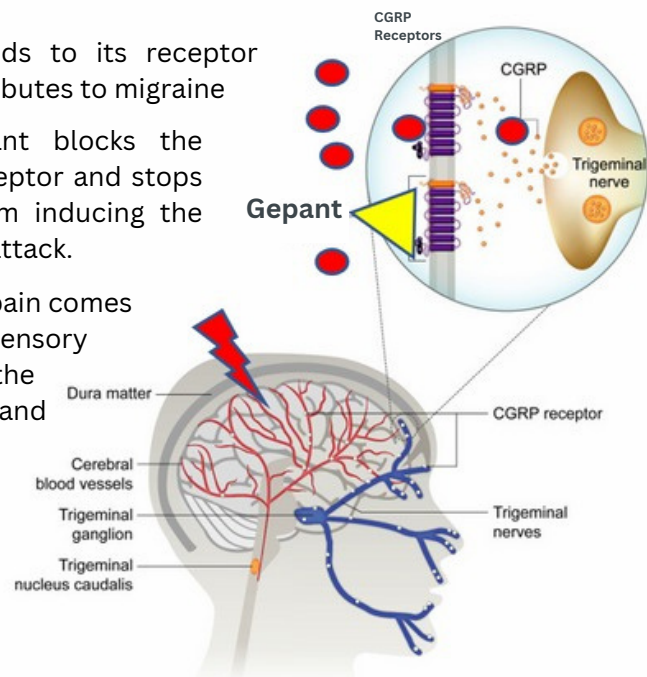
## Gepants are migraine-specific medications based on the scientific understanding of CGRP's role in migraine pathophysiology

Gepant	Dose and use
<b>Atogepant (Qulipta)</b>	<b>Prevention:</b> 10, 30 or 60mg daily ** For episodic migraine only.
<b>Rimegepant (Nurtec)</b>	<b>Prevention:</b> 75mg every other day  <b>Acute:</b> 75mg as needed
<b>Ubrogepant (Ubrelvy)</b>	<b>Acute Treatment</b> 50 or 100mg as needed

CGRP binds to its receptor and contributes to migraine

The gepant blocks the CGRP receptor and stops CGRP from inducing the migraine attack.

Migraine pain comes from the sensory nerves in the meninges and arteries



### Gepants taken for the attack are not thought to cause rebound headaches

Since gepants have been studied for prevention, regular intake should not cause medication-overuse headache.

### Gepants are processed by the liver and may interact with other medications

Your health care provider will advise you on possible drug interactions. Your pharmacist can also help with this.

# Which gepant is the best?

**Acute gepants:** ubrogepant and rimegepant

**Prevention gepants:** atogepant and rimegepant.

**Gepants have not been compared to one another in clinical studies.**

Experience suggests that when a person's migraine is not improved with one gepant, response may improve with another.

**ONE SIZE  
DOES NOT  
FIT ALL**

## What are the chances of improving with a preventive gepant?

### **Episodic migraine (less than 15 days per month of headache)**

Results in atogepant studies for the decrease in days per month with migraine attacks

5-6/10 get > 50% decrease

3/10 get > 75% decrease

### **Other benefits can include:**

1. Decrease in attack intensity.
2. Attacks are easier to treat.
3. Decreased need for acute medications.
4. Improved mood and quality of life between attacks

### **How long should I try a gepant to see if it works for me?**

Studies on gepants show a benefit as early as one week after the beginning of the medication. Still, continuing the medication for 3 months to see if it works is recommended. Do not stop treatment without discussing with your healthcare professional.

### **What if I have tried other preventives or if I overuse acute meds?**

In the studies on gepants, patients whose preventives had failed them, or patients who were overusing acute medications also improved (except patients using opioids who were not included in studies).

### **Are there side effects I should know about?**

Common side effects include nausea, constipation and fatigue. Weight loss may occur in 10% of patients taking atogepant. Allergic reactions are reported but rare. ALWAYS discuss risks and side effects with your healthcare provider.

### **Gepants should not be used by women who are pregnant or planning to be**

CGRP does play a role in pregnancy and safety has not been demonstrated. We know that gepants are quickly processed by the body and leave the system within a week. In comparison, CGRP antibodies stay in the system for months. This information is important when you and your healthcare provider are determining when to stop your treatment for pregnancy planning.

### **Can I use a preventive gepant with a CGRP antibody or with other preventives?**

Combinations must be discussed with your healthcare provider who can advise you with all your personal medical history in mind.