160 mm

320 mm

Package leaflet: Information for the user

Migraine Relief 50 mg Tablets
sumatriptan

Read all of this leaflet carefully because it contains important information for you.
This medicine is available without prescription to relieve migraine.
However, you still need to take it carefully to get the best results from it.
- Keep this leaflet, you may need to read it again
- Ask your pharmacist if you need more information or advice.

What is in this leaflet:

1. What Boots Migraine Relief Tablets are and what they are used for
2. What you need to know before you take Boots Migraine Relief Tablets
3. How to take Boots Migraine Relief Tablets
4. Possible side effects
5. How to store Boots Migraine Relief Tablets
6. Contents of the pack and other information

1. What Boots Migraine Relief Tablets are and what they are used for
This medicine contains Sumatriptan which belongs to a group of medicines called $5HT_1$ agonists ('triptans'), which act to reduce the swelling of blood vessels in the head.
It can be used to relieve migraine attacks that happen with or without warning signs ('aura'), such as sensitivity to light, feeling sick and being sick, in people who have previously been diagnosed with migraine.
This medicine does not prevent a migraine attack, and should therefore only be taken once the migraine has started.

2. What you need to know before you take Boots Migraine Relief Tablets
This medicine can be taken by adults between the ages of 18 and 65 years. However some people should not take this medicine or should seek the advice of their pharmacist or doctor first.

Do not take if you:
- are allergic to any of the ingredients (see 'What is in this medicine') or sulphonamide antibiotics
- have not been diagnosed with migraine by a doctor or pharmacist
- are trying to prevent a migraine attack
- have had a heart attack, stroke or mini stroke
- have any of these heart or blood vessel problems:
  - Blocked blood vessels
  - Angina
  - Unusual heart rhythm
  - High blood pressure
  - Poor circulation which causes cold hands and feet
- have liver or kidney problems
- have epilepsy or are prone to fits
- are taking the following medicines:
  - Ergotamine or methylsergide (for migraine)
  - Other $5HT_1$ agonists ('triptans') for migraine
- are taking monoamine oxidase inhibitors (for depression), or have taken them within the last 14 days.
- have been told by your doctor that you have a rare form of migraine such as hemiplegic, basilar or opthalmoplegic migraine
- have an intolerance to some sugars, unless your doctor tells you to (this medicine contains lactose)
- are under 18 years of age.

Talk to your pharmacist or doctor:
- If your headaches normally last for more than 24 hours
- If your normal pattern of migraine symptoms has changed
- If your attacks are more frequent, last longer or are more severe
- If you don't fully recover from your attacks
- If you have four or more migraine attacks each month
- If you are over 50 years and this is the first time you are experiencing migraine symptoms
- If your symptoms include weakness on one side of your body, double vision, clumsy movements, ringing in the ears, reduced levels of consciousness, fit-like movements, a recent rash with a headache
- If you are a woman who has had the menopause, or a man over 40 years
- If you have high cholesterol
- If you smoke regularly or use Nicotine Replacement Therapy (NRT)
- If you are very overweight
- If you have diabetes or a family history of early heart disease.

Other important information
Driving and using machines: This medicine or your migraine may make you feel sleepy or affect your vision. You should not drive or use machines until you are sure you are not affected.
If you go into hospital or have any blood tests: If you have blood tests, including those to check how the liver is working, tell your doctor or hospital staff that you are taking this medicine.
This medicine may also affect the results of 'ECG' tests, which are used to view the rhythm and working of the heart.

If you take other medicines
Before you take these tablets, make sure that you tell your pharmacist about ANY other medicines you might be using at the same time, particularly the following:
- Medicines for depression
- Products containing St John's Wort
- The contraceptive "pill".

If you are unsure about interactions with any other medicines, talk to your pharmacist. This includes medicines prescribed by your doctor and medicine you have bought for yourself, including herbal and homeopathic remedies.

Pregnancy and breast-feeding
- If you are pregnant, think you may be pregnant or are planning to have a baby, ask your doctor for advice before taking this medicine
- Don't breast-feed your baby for 12 hours after taking this medicine. If you express any breast milk during this time, discard the milk and don't give it to your baby
- Some breast-feeding women report breast and/or nipple pain after use of sumatriptan. The pain is usually temporary and disappears in 3 to 12 hours.

Information about sodium content
This medicine contains less than 1 mmol sodium (23mg) per tablet, that is to say essentially 'sodium-free'.

3. How to take Boots Migraine Relief Tablets
Check the foil is not broken before use.
If it is, do not take that tablet.

Age	How many to take	How often to take
Adults aged 18 to 65 years	One tablet	As soon as possible after the first signs of a migraine. If your symptoms go away and come back, you can take another tablet after 2 hours. **Don't take more than 2 tablets** in 24 hours.

If you do not get any relief from the first tablet do not take a second tablet for the same attack.
Swallow the tablet whole with water.
Do not give to children under 18 years.
Do not take if you are over 65 years.
Do not take more than the amount recommended above.
If symptoms do not go away talk to your doctor.
If you take too many tablets: Go to your nearest hospital casualty department or talk to a doctor straight away. Take your medicine and this leaflet with you.

4. Possible side effects
Most people will not have problems, but some may get some.

If you get any of these serious side effects, stop taking the tablets.
See a doctor at once:
- Red, raised, itchy skin rash, difficulty breathing, swelling of the face, neck, tongue or throat (severe allergic reactions)
- Fits
- Heart problems including chest pain and heart attack
- Poor circulation in your hands and feet which may cause pale blue skin in your fingers and toes
- Short-lived/temporary muscle spasms of the jaw affecting jaw movement.

These other effects are less serious. If they bother you talk to a pharmacist:
- Tingling, decreased sensitivity (particularly to touch)
- Dizziness, feeling sleepy
- Rapid and uncontrollable movement of the eyes, visual disturbance, loss of vision
- Fast, slow or irregular heart beat, changes in the way the heart works (this may show up in 'ECG' tests)
- High or low blood pressure, flushing
- Shortness of breath
- Feeling sick or being sick
- General feeling of heaviness, weakness or feeling very tired
- Feeling worried or afraid, shaking
- Stiff neck
- Pain in the joints, unusual muscle spasms, rigidity or stiffness
- Abdominal pain and bloody stools
- Diarrhoea
- Increased sweating
- Pressure, heaviness, tightness or pain in the chest, throat or other parts of the body or feelings of tingling, cold or warmth - this may happen within 30 minutes of taking a tablet and should last for less than 2 hours
- Changes in the way the liver works (this may show up in blood tests)
- If you had a recent injury or if you have inflammation (like rheumatism or inflammation of the colon) you may experience pain or pain worsening at the site of injury or inflammation.
- Difficulty swallowing.
- Breast pain.

Reporting of side effects
If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via the Yellow Card Scheme at: www.mhra.gov.uk/yellowcard or search for MHRA Yellow Card in the Google Play or Apple App Store.
By reporting side effects you can help provide more information on the safety of this medicine.

5. How to store Boots Migraine Relief Tablets
Keep this medicine in a safe place out of the sight and reach of children, preferably in a locked cupboard.
Use by the date on the end flap of the carton.

6. Contents of the pack and other information
What is in this medicine
Each film-coated tablet contains Sumatriptan 50 mg, which is the active ingredient.
As well as the active ingredient, the tablets also contain lactose monohydrate, croscarmellose sodium, microcrystalline cellulose, silica colloidal anhydrous, magnesium stearate. The tablet coating contains Opadry peach (containing hypromellose, titanium dioxide (E171), lactose monohydrate, macrogol, glycerol triacetate, iron oxide red (E172), iron oxide yellow (E172), iron oxide black (E172)).
The pack contains 2 peach oblong-shaped tablets marked with '5' and '0' on one side and a score line on each side.

Who makes this medicine
Manufactured for The Boots Company PLC Nottingham NG2 3AA by the Marketing Authorisation holder Teva UK Limited, Ridings Point, Whistler Drive, Castleford, WF10 5HX, United Kingdom
This leaflet was last revised in July 2026.

Other formats
To request a copy of this leaflet in Braille, large print or audio please call, free of charge:
0800 198 5000 (UK only)
Please be ready to give the following information:
Product name:
Boots Migraine Relief 50 mg Tablets
Reference number: PL 00289/0586
This is a service provided by the Royal National Institute of Blind People.

Information on migraine
Most migraine attacks occur for no apparent reason. However, something may trigger migraine attacks in some people. Triggers can be all sorts of things. For example:
Diet: Dieting too fast, irregular meals, cheese, chocolate, red wines, citrus fruits.
Environmental: Smoking and smoky rooms, glaring light, VDU screens or flickering TV sets, loud noises, strong smells.
Psychological: Stress, anxiety, anger, tiredness, etc.
Other: Periods (menstruation), shift work, different sleep patterns, the menopause, some medicines e.g. the Pill.

It may help if you keep a migraine diary. Note down when and where each migraine attack started, what you were doing, and what you had eaten that day. A pattern may emerge, and it may be possible to avoid one or more things that may trigger your migraine attacks.

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