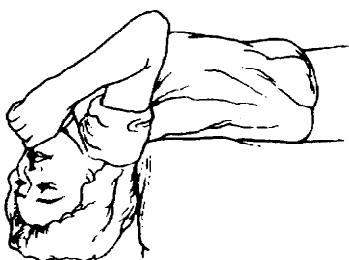


**Appendix.—Instructions for Home Use of  
Intranasal Lidocaine  
SUCCESSFUL TREATMENT DEPENDS ON  
PROPER TECHNIQUE !**

Use the drops as soon as you know that you are having a migraine.

1. Lie down on your back with your shoulders just off the edge of a bed; your head must be dangling down so that the bridge of your nose is below the level of your throat (see illustration).



2. Turn your head 30° toward the side of the headache (if your headache is on both sides, the method will be repeated on the other side).
3. Insert just the tip of the syringe into the nostril (outer wall) on the side of the headache.
4. Slowly drip in 0.5 mL of medicine over about 30 seconds.
5. Keep your head down and turned to the side for another 30 seconds.
6. If your headache is on both sides: repeat steps 2 through 6 with your head turned to the opposite side, placing the medicine now in the other nostril.
7. You may now return your head to a flat position (not elevated on a pillow); but keep your head turned to the side of the headache. Stay lying down for another 1 to 2 minutes.
8. You may now sit up.

If you taste the medicine while you are dripping it in, your head is not down far enough. If your throat feels numb afterwards, do not eat or drink until the numbness has worn off.

If your headache gets better, but does not go away completely within 15 minutes, you may repeat steps 1 through 8. If the headache goes away, but comes back,

lidocaine nose drops may be repeated any time within 24 hours.

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