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It is recommended that triptans should not be used more than 9 days per month.

Triptans are drugs that are used to treat migraine headaches. They are available as different types (e.g. sumatriptan/Imitrex®, zolmitriptan/Zomig®, almotriptan/Axert®, naratriptan/Amerge®, rizatriptan/Maxalt®) and formulations (oral, nasal and injectable).

Triptans are equally or more effective than other drugs like acetaminophen (e.g. Tylenol®), non-steroidal anti-inflammatory drugs (e.g., Advil®), acetylsalicylic acid (e.g., Aspirin®), and ergots.

Triptans are generally safe to use but some people might develop daily chronic headaches from using triptans very often.

It is recommended that triptans should not be used more than 9 days per month.

Near the end of 2013, most triptans in Ontario were paid for by private drug plans or out-of-pocket.

The volume of triptans dispensed through Ontario’s public drug plan is more than 5 times lower than the national average.

Many Ontarians who cannot afford either private drug insurance or out-of-pocket purchases are not able to access triptans.

Doctors do not always prescribe triptans to patients who need them because they think that triptans might be unsafe, that other drugs work just as well, or they are unaware of these drugs or how to access them.

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