

Treatment Guide



Here are suggested treatment guides for treating your migraine or cluster headache pain with gammaCore Sapphire™ (non-invasive vagus nerve stimulator). gammaCore can deliver up to 30 stimulations per day. Please speak to your healthcare provider to determine which plan may be right for you.



Preventive treatment for **migraine**

Daily:

Give yourself 3 treatments (morning, mid-day, night) consisting of 2 two-minute gammaCore (nVNS) stimulations.

- The first daily treatment should be applied within 1 hour of waking. The second daily treatment should be applied 4-6 hours after the first treatment. The third daily treatment should be applied at night
- Apply the conductive gel before each stimulation. After 2 minutes, gammaCore will beep twice and automatically turn off. The device should remain off for 10 seconds after each stimulation



Acute treatment for **migraine**

At the earliest sign of pain:

Give yourself a treatment consisting of 2 two-minute gammaCore (nVNS) stimulations.

- Apply the conductive gel before each stimulation. After 2 minutes, gammaCore will beep twice and automatically turn off. The device should remain off for 10 seconds after each stimulation
- If pain remains 20 minutes after the start of treatment 1, apply 2 more stimulations
- Two more stimulations may be applied if pain remains 2 hours after the start of treatment 1



Preventive treatment for **cluster headache**

Daily:

Give yourself 2 treatments (morning and night) consisting of 3 two-minute gammaCore (nVNS) stimulations.

- The first daily treatment should be applied within 1 hour of waking. The second daily treatment should be applied at least 7-10 hours after the first daily treatment.
- Apply the conductive gel before each stimulation. After 2 minutes, gammaCore will beep twice and automatically turn off. The device should remain off for 10 seconds after each stimulation



Acute treatment for **cluster headache**

At the earliest sign of pain:

Give yourself a treatment consisting of 3 two-minute gammaCore (nVNS) stimulations.

- Apply the conductive gel before each stimulation. After 2 minutes, gammaCore will beep twice and automatically turn off. The device should remain off for 10 seconds after each stimulation
- After completing the 3rd stimulation, you should wait 3 minutes. If pain remains, apply 3 more two-minute stimulations



Visit [gammaCoreCanada.com](https://www.gammaCoreCanada.com) or call 1-905-399-8303 for additional support and resources.

Authorization by healthcare provider only.



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