

Migraine Aura: Six Signs, Fifteen Minutes

The six signs an aura is starting, what to do in the first fifteen minutes, and the three symptoms that mean call.

✓ **Verified against published guidance** from Cleveland Clinic, Mayo Clinic & Harvard Health · sources below

Cleveland Clinic says a migraine aura can mimic other serious conditions, like a stroke, and names confusion, a loss of consciousness or weakness on one side of your body as warning signs of something more serious. It also says to contact your provider right away if an aura runs longer than 60 minutes. Mayo Clinic says your care team will need to rule out a stroke.

✓ Do This

Start The Clock At First Sign

- Aura runs 5 to 60 minutes
- Write both times down
- Pain follows in 30 to 60

COACH'S TIP Cleveland Clinic timings.

Find A Dark Quiet Room

- Stop what you are doing
- Avoid visual stimulation
- Rest if you can

COACH'S TIP First instruction on the page.

Take Medicine Inside 15 Minutes

- Cleveland names the window
- Pick which one in advance
- Provider approved dose only

COACH'S TIP Agree it before the attack.

Keep A Headache Diary

- What you did beforehand
- How you felt
- What you ate that day

COACH'S TIP Cleveland Clinic suggests it.

Learn The Three Red Flags

- Confusion
- Weakness on one side
- Loss of consciousness

COACH'S TIP These mean call, not rest.

Establish Care If Frequent

- Frequent aura raises risk
- Worth a standing provider
- Mayo says mildly increased

COACH'S TIP Cleveland Clinic advises it.

✗ Do Not

Do Not Wait For Vision Changes

- Tinnitus counts as aura
- So does slurred speech
- So does dizziness

COACH'S TIP Cleveland lists all three.

Do Not Assume Every One Has It

- Only about 30 percent do
- Aura is the minority
- Not in every episode

COACH'S TIP Cleveland Clinic figure.

Do Not Sit It Out Past An Hour

- Most auras end by 60 minutes
- Tests rule out worse causes
- Longer needs a call

COACH'S TIP Cleveland says right away.

Do Not Push Through Bright Light

- Bright lights are a trigger
- So is stress
- So are sleep disturbances

COACH'S TIP Cleveland trigger list.

Do Not Expect A Separate Fix

- Same treatment either way
- Mayo Clinic says so
- Preventers and stoppers

COACH'S TIP With or without aura.

Do Not Self Diagnose A New One

- New aura needs a look
- Stroke can look the same
- One sided weakness too

COACH'S TIP Get it checked first.

THE NUMBERS BEHIND THIS SHEET

Three figures worth knowing

30% Of people with migraine get aura

30 to 60 min Warning before the head pain

15 min Window for approved medication