# Päiväkirja sarjoittaiseen päänsärkyyn

Nimi:_____

| PVM | Klo 0-2 | 2-4 | 4-6 | 6-8 | 8-10 | 10-12 | 12-14 | 14-16 | 16-18 | 18-20 | 20-22 | 22-24 | Estolääkkeeni | Kohtauslääkkeeni |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| *malli* | | | *20 min M* | | | | *15 min A* | | | | | | *A=estolääke* | *M= lääke M* |
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www.migreeni.org