

RECOMMENDATIONS FOR CONCUSSIONS

who have developed and sustained prolonged symptoms concussion symptom scales and checklists to assess for that are negatively affecting recovery and quality of the presence of postconcussive symptoms. See TABLE life. Initiation of such therapy should be considered 3 for further details of pharmacologic treatment options only by a clinician who is proficient in the proper for managing concussive symptoms, arranged by the assessment and management of concussive injuries. four key symptom groups (cognitive, emotional, somatic, Several management guidelines have incorporated and sleep disturbance).

Table 3. Dosage Recommendations for Treatment of TBI Sequelae

Medication	Total Daily Dose	Administration		Common Side Effects
		Frequency	Common Side Effects	
Cognitive				
Methyphenidate ^a	5-80 mg (0.3 mg/kg/dose)	2×/day	Anxiety, irritability, insomnia, tachycardia	
Amantadine	50-400 mg	1-2×/day	Headache, nausea, diarrhea, anorexia, depression	
Donepezil	5-10 mg	Daily	Headache, nausea, vomiting, diarrhea, fatigue, muscle cramps, pain	
Emotional				
Bromocriptine	2.5-7.5 mg	3×/day	Dizziness, drowsiness, nausea, vomiting, constipation, syncope	
Somatic				
Sertraline	25-200 mg	Daily	Nausea, vomiting, diarrhea, dry mouth, fatigue, decreased libido	
Amiripityline	25-150 mg	Daily	Anticholinergic and sedative effects, weight gain, SIA/DH, hypertension, hypotension	
Somatic				
Amiripityline ^a	25-150 mg, increase by 10 mg/wk pm	Daily	Anticholinergic and sedative effects, weight gain, SIA/DH, hypertension, hypotension	
Verapamil SR ^a	120 mg, increase dose monthly pm	Daily	Constipation, hypotension, edema; contraindicated in CHF	
Nicardipine SR ^a	20-60 mg	1-2×/day	Constipation, hypotension, edema; contraindicated in CHF	
Nadolol	20-80 mg, increase by 20 mg q2-4w pm	Daily	Fatigue, bradycardia, hypotension, bronchospasm	
Propranolol SA	80 mg, increase by 20-40 mg/dose q3-4w to max 160-240 mg	3-4×/day	Fatigue, bradycardia, hypotension, bronchospasm	
Propranolol LA	80 mg	Daily		
Divalproex sodium	500 mg, up to 1,000 mg/day	2×/day	Sedation, nausea, diarrhea, thrombocytopenia, weight gain	
Divalproex sodium ER	500 mg/day × 7 days, then 1,000 mg/day	Daily		
Gabapentin ^a	900-1,200 mg	2-4×/day	NA	
Topiramate	25-100 mg	2×/day	May cause cognitive impairments, weight gain	
Sleep Disturbance				
Triptans	Dose/route based on agent used	NA	Tightness in chest, throat and/or head ("triptan effect")	
Dihydroergotamine	1-3 mg (injection/nasal spray)	Once; repeat in 1 h if no relief	Nausea, vomiting, diarrhea, abdominal pain, muscle cramps	
Sleep Disturbance				
Trazodone	50-400 mg	Daily	Orthostasis, dizziness, headache, priapism	
Amiripityline	25-150 mg	Daily	Anticholinergic and sedative effects, weight gain, SIA/DH, hypertension, hypotension	
Melatonin	5 mg	Daily	Drowsiness; limited information	

^a Unlabeled indication.

CHF: congestive heart failure; ER: extended-release; max: maximum; LA: long-acting; NA: not applicable; SA: short-acting; SIA/DH: syndrome of inappropriate antidiuretic hormone; SR: sustained-release; TBI: traumatic brain injury.

Source: References 18, 21, 23, 24, 28, 29, 31.