

# BETAHISTINE

Other name: Vergo®, Serc®



**Important note:** The following information is intended to add to, not replace, the knowledge and judgment of your doctor, pharmacist or other health care professional.

## Why you are taking this medicine?

Betahistine improves the blood circulation in the inner ear and is used to treat Meniere's syndrome which consists of:

- vertigo (dizziness) sometimes with nausea (sickness) and vomiting
- loss of hearing
- tinnitus (ringing in the ears)

## When to take this medicine

Betahistine is usually taken with food. The tablet may be halved (8mg) when starting treatment and taken three times a day. It may take up to two weeks to start working. Once an effect is achieved your dose might be reduced to a maintenance dose. The maximum dose recommended is 48mg (3 tablets) per day.

**DO NOT STOP** taking it without your doctor's permission.

## Betahistine is not indicated:

- If you are pregnant or breastfeeding
- In children younger than 18 years old
- In people with active peptic ulcers or a history of this condition

## If you miss a dose

If you miss a dose take it as soon as possible except when it is close to the time for your next dose. If it is almost time for the next dose, skip the missed dose and return to your regular dosing schedule. You should not take two doses at the same time.

## Side Effects

Unfortunately as well as having good effects, most medicines have some effects on your body that are unwanted. These are called *side effects*.

Tell your doctor or pharmacist if you have these side effects:

- dizziness
- difficulty sleeping
- headache
- mild skin rash or itch
- gastrointestinal (stomach) upsets such as nausea (sickness)

These side effects usually disappear with a reduced dose and taking the medication with food.

Tell your doctor or pharmacist if you notice any other side effect(s) from your medicine that are not mentioned here.

### **Other Medicines**

Tell your doctor or pharmacist if you are taking any other medicine including herbal or complementary products and medicines you can buy without a prescription.

### **Storage**

Keep all medicines out of reach of children.

**Read this leaflet and discuss any questions you have about your medicines with your doctor or pharmacist.**