

PHARMACY

Drug Information

Medications to Treat Vertigo



What is Vertigo?

- Vertigo is the most common type of dizziness. Dizziness is a sensation of spinning and losing one's sense of balance.
- Vertigo occurs when the inner ear fails to receive enough blood flow, causing a hallucination of motion, with the sensation of spinning.

What are the Medications Used to Treat Vertigo?

Medication Name	Mode of Action
• Betahistine	<ul style="list-style-type: none"> • Some medications treat or prevent its progression. • Other medications help to relieve symptoms such as nausea and vomiting associated with dizziness.
• Cinnarizine	
• Flunarizine	
• Prochlorperazine	

How are the Medications Administered / Taken?

- Take the medication after meals to reduce gastric discomfort.
- If you miss a dose, take the missed dose as soon as you remember. If it is almost time for your next dose, take only the usual dose. Never take a double dosage to make up for the missed dose.

Can the Medications be Administered / Taken With Other Medications?

- It is important that you inform the doctor, pharmacist about other medications – including over-the-counter medications, supplements and traditional/herbal remedies – that you are currently taking, as they may affect the way you benefit from the medications that treat vertigo.

What are Some Precautions to Take Note of Before Taking These Medications?

Medication	Precaution
Betahistine	<ul style="list-style-type: none"> • Inform your doctor if you have: <ul style="list-style-type: none"> ◦ History of peptic ulcer

	<ul style="list-style-type: none"> ○ An adrenal gland tumour called pheochromocytoma
Prochlorperazine	<ul style="list-style-type: none"> ● Inform your doctor if you have: <ul style="list-style-type: none"> ○ History of depression ○ Parkinson's disease ○ An adrenal gland tumour called pheochromocytoma ○ Blood-related disorders ○ Liver or kidney problems
Flunarizine	<ul style="list-style-type: none"> ● Inform doctor if you have: <ul style="list-style-type: none"> ○ History of depression ○ Parkinson's disease ● Inform doctor if you are taking medications for your heart or blood pressure

<ul style="list-style-type: none"> ● Drowsiness ● Nausea and/or Vomiting 	<ul style="list-style-type: none"> ● Cinnarizine ● Flunarizine 	<ul style="list-style-type: none"> ● Suck on ice chips ● Do not drive or operate machinery when on medication ● Take the medication after food
<ul style="list-style-type: none"> ● Dry mouth ● Constipation ● Drowsiness ● Nausea and/or Vomiting ● Skin sensitivity to sunlight ● Fatigue, recurrent fever or infections 	<ul style="list-style-type: none"> ● Prochlorperazine 	<ul style="list-style-type: none"> ● Suck on ice chips ● Take more fibre and drink more water ● Do not drive or operate machinery when on medication ● Take the medication after food ● Wear long-sleeved clothing or use an umbrella ● See a doctor immediately

What are the Important Side Effects?

- Medications prescribed by your doctor should be beneficial for your condition even though they may result in some inevitable side effects.

Side Effect	Medication Name	Management
<ul style="list-style-type: none"> ● Headaches 	<ul style="list-style-type: none"> ● Betahistine 	<ul style="list-style-type: none"> ● Improvement can sometimes be observed only after a few months
<ul style="list-style-type: none"> ● Drowsiness 		<ul style="list-style-type: none"> ● Do not drive or operate machinery when on medication
<ul style="list-style-type: none"> ● Nausea and/or Vomiting 		<ul style="list-style-type: none"> ● Take the medication after food
<ul style="list-style-type: none"> ● Dry mouth 		

If you develop rashes, facial swelling or shortness of breath after taking the medication, you could be allergic to the medication. Please seek medical attention immediately.

Are There any Special Precautions That I Need to Take?

- Do not take these medications together with alcohol.
- Avoid taking these medications together with other medications that can cause drowsiness.
- It is important to inform your doctor if you intend to conceive or breastfeed while taking this medication.
- Avoid activities which require concentration (e.g. driving automobile or operating dangerous equipment and machinery) when you are dizzy.
- If dizziness worsened, please seek medical advice from the:

- Doctor
- An ENT (ear, nose and throat) specialist

What Else can I do to Help my Condition?

- Avoid rapid changes in position, especially from lying down to standing.
- Avoid extreme or rapid head motion.
- Eliminate products that impair blood circulation (e.g. cigarette smoking, caffeine, and salt).
- Minimise stress and anxiety.
- Minimise exposure to airborne substances that may cause allergy (e.g. dust, pollen, etc.).

How do I Store These Medications?

- Store your medication in a cool, dry place away from heat, moisture and direct sunlight.

If you have any problem with your treatment, please contact your doctor, pharmacist or nurse clinician.

Please keep all medications out of reach of children.

