

Betahistine

Medication Information Leaflet

What is this medication for?

Betahistine is used to treat vertigo (dizzy spells), tinnitus (ringing in the ear), hearing loss, nausea or vomiting associated with Meniere disease or vertigo due to inner ear problem. There are two types of salt formulated for betahistine namely mesilate and dihydrochloride.

How should I take/use this medication?

- Do not stop taking your medication without checking with your healthcare professional.
- You may take this medication with or after food.
- Follow the instructions on the medication label and take this medication as prescribed by your doctor

What should I do if I forget to take/use this medication?

If you forget to take a dose, take it as soon as you remember. Then take your next dose at the usual time. Do not take two doses to make up for the missed dose.

Do not take double the dose for any missed dose if you are taking this medication as and when needed.

What precautions should I take?

Inform your healthcare professional if:

- You are allergic to this medication or any of the other ingredients of this medication
- You are pregnant, planning to become pregnant, or breastfeeding
- You are taking any other medications including supplements, traditional medications and herbal remedies.
- Medical conditions such as heart or liver disease, peptic ulcer, pheochromocytoma (tumour on the adrenal gland) or asthma

What are some common side-effects of this medication?

- Nausea

- Take with or after food to reduce the symptom
- Headache
- Stomach discomfort such as indigestion

What are some rare but serious side-effects that I need to seek medical advice immediately?

The symptoms of a drug allergy include one or more of the following:

- Swollen face/eyes/lips/tongue
- Difficulty in breathing
- Itchy skin rashes over your whole body

If you experience any of these symptoms, you should stop your medication and see your healthcare professional immediately

What food or medication should I avoid when I take this medication?

NA

How should I store this medication?

Store in a cool and dry place, away from direct sunlight. Keep this medication away from children.

How should I throw away this medication safely?

Pack this medication into a black trash bag and seal it tightly before throwing into the rubbish chute or bin

Disclaimers

If you take more than the recommended dose, please seek medical advice immediately. The information provided on this page does not replace information from your healthcare professional. Please consult your healthcare professional for more information.

This article is jointly developed by members of the National Medication Information workgroup. The workgroup consists of cluster partners (National Healthcare Group, National University Health System and SingHealth), community pharmacies (Guardian, Unity and Watsons) and Pharmaceutical Society of Singapore. The content does not reflect drug availability and supply information in pharmacies and healthcare institutions. You are advised to check with the respective institutions for such information.

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