Te Whatu Ora
Health New Zealand
Waitaha Canterbury

BETAHISTINE

bee-tah-hiss-teen

What does it do?

Betahistine is used to treat vertigo (dizziness) and tinnitus (ringing in the ears) in Meniere's disease.

Before you start

- Tell your doctor if you have asthma, or if you have ever had a stomach ulcer.
- Tell your doctor if you are pregnant, planning to become pregnant, or breastfeeding.

How should you take it?

Take *betahistine* regularly as directed with a glass of water.

What if you forget a dose?

If it is nearly time for your next dose, skip the missed dose and take your next dose at the usual time. Otherwise, take the missed dose as soon as you remember. Do not take two doses at the same time.

Can you take other medicines?

Some medicines available without a prescription may react with *betahistine* including:

- antihistamines (also in anti-allergy, anti-nausea and cold/flu medicines)

Tell your pharmacist or doctor about all medicines or treatments that you may be taking, including vitamins, herbal products or recreational drugs.

What side effects might you notice?

Side Effects	Recommended action
Trouble breathing	Tell your doctor immediately
Headache Skin rash, itching	Tell your doctor if troublesome
Stomach upset	Take with food and tell your doctor if symptoms continue

If you notice any other effects, discuss them with your doctor or pharmacist.