

**VERGO**



***Betahistine Dihydrochloride 16mg Tablets***

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## **What is in this leaflet**

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This leaflet answers some common questions about VERGO. It does not contain all the information available on this medicine. It does not take the place of talking to your doctor or pharmacist. All medicines have risks and benefits. Your doctor has weighed the risks of you taking VERGO against the benefits they expect it will have for you. If you have any concerns about using this medicine, ask your doctor or pharmacist.  
Keep this leaflet. You may want to read it again.

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## **What VERGO is used for and how it works**

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Your VERGO tablets contain the active ingredient betahistine dihydrochloride.

VERGO is used to treat the symptoms of Meniere's disease such as nausea, vomiting and hearing problems.

Your doctor may, however, prescribe VERGO for another reason. Ask your doctor if you have any questions about why VERGO has been prescribed for you.

There is no evidence that VERGO is addictive.

VERGO is available on prescription from your doctor.

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## **Before you take VERGO**

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### ***When you must not take it***

**Do not take VERGO if:**

- You are allergic to betahistine dihydrochloride or any other ingredients listed at the end of this leaflet**
- You are pregnant or breastfeeding**
- You are a child less than 18 years of age**
- You have a tumour in your adrenal glands**
- You suffer from or have suffered in the past from an active peptic ulcer.**

Symptoms of an allergic reaction may include shortness of breath, wheezing or difficulty breathing, swelling of the face, lips, tongue or other parts of the body; rash, itching or hives on the skin.

### ***Before you take it***

**Tell your doctor if:**

- You have asthma
- You are currently using antihistamines.

If you have not told your doctor about any of the above, tell them before you start taking VERGO.

### ***Taking other medicines***

Tell your doctor or pharmacist if you are taking any other medicines, including any you get without a prescription from a pharmacy, supermarket or health food shop.

**Medicines that may interfere with VERGO include:**

Antihistamines (used to treat allergies)

These medicines may be affected by VERGO or may affect how well VERGO works. You may need different amounts of your medicines or you may need to take different medicines.

Your doctor or pharmacist has more information on medicines to be careful with or avoid while taking VERGO.

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## **How to take VERGO properly**

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### ***How much to take***

Your doctor will tell you how much VERGO you need to take each day. It is important that you take VERGO as directed by your doctor. Do not take more than the recommended dose.

It usually takes 1 to 2 weeks before any response to VERGO is noticeable.

The usual initial dose of VERGO is 8 to 16 mg taken three times a day. The maximum recommended daily dose is 48 mg.

Your doctor may tell you to take different doses to these. If so, follow their instructions.

VERGO is not recommended for use in children under 18 years of age.

The dose should be taken with a glass of water.

### ***How long to take it***

VERGO helps to control your condition but does not cure it. Therefore VERGO must be taken everyday. Continue taking VERGO for as long as your doctor tells you to.

### ***If you forget a dose***

If you forget a dose, just take the next dose when it is due. Do not take more than one dose at a time to make up for missed doses.

If you are not sure what to do, ask your doctor or pharmacist.

Taking your medicine at the same time each day may help you to remember to take it regularly. If you have trouble remembering to take your medicine, ask your pharmacist for some hints.

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## **While you are taking VERGO**

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### ***Things you must do***

Tell all doctors, dentists and pharmacists who are treating you that you are taking VERGO.

Tell your doctor or pharmacist that you are taking VERGO before you start any new medicine.

Tell your doctor if you develop a skin rash or hives while taking VERGO.

If you become pregnant while taking VERGO, tell your doctor immediately.

If you are going to have surgery, tell the surgeon or anaesthetist that you are taking VERGO.

If you are going to have any blood tests, tell your doctor that you are taking VERGO.

### ***Things you must not do***

Do not take VERGO to treat any other complaints unless your doctor tells you to.

Do not stop taking VERGO or lower the dose without first checking with your doctor.

Do not give this medicine to anyone else, even if their symptoms seem similar to yours.

### ***Things to be careful of***

VERGO may cause dizziness or tiredness in some people. Be careful when driving, operating machinery or performing jobs that need you to be alert, until you are certain that VERGO does not affect your performance.

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## **Side effects**

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Tell your pharmacist or doctor as soon as possible if you do not feel well while you are taking VERGO.

All medicines can have some unwanted effects. Sometimes they are serious, most of the time they are not. You may need medical treatment if you get some of the side effects.

**Tell your doctor or pharmacist if you notice any of the following and they worry you:**

- Skin rash
- Gastrointestinal disturbances e.g. nausea or vomiting
- Headache
- Tiredness
- Dizziness.

These are the more common side effects of betahistine dihydrochloride.

The list of side effects mentioned above is not complete. If you should suffer from any of these side effects or any other undesired effect please tell your doctor or pharmacist.

Do not be alarmed by this list of possible side effects. You may not experience any of them.

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## **In case of overdose**

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You should only take the number of tablets that you have been told.

**Immediately contact your doctor or the National Poisons Information Centre (0800 POISON or 0800 764 766) or go to the Emergency department at your nearest hospital, if you think that you may have taken too much, or if anyone else has taken any VERGO by mistake. Do this even if there are no signs of discomfort or poisoning. You may need urgent medical attention.** Take the container of VERGO with you if you can.

Keep telephone numbers for these places handy.

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## **Storage conditions**

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Do not take this medicine after the expiry date shown on the label or if the packaging shows signs of tampering.

Keep your VERGO tablets in the container until it is time to take them.

Store below 25°C and out of reach of children. Avoid exposure to heat, light and moisture.

Do not store VERGO, or any other medicine, in the bathroom or near a sink.

### ***Disposal***

If your doctor tells you to stop taking VERGO or if the tablets have passed the expiry date, ask your pharmacist what to do with the remaining medicine.

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## **Product Description**

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### ***What VERGO tablets look like***

VERGO tablets are white, round, flat tablets marked with  $\frac{\text{"BH"}}{16}$  on one side and breakline on the other.

### ***Ingredients***

Each VERGO tablet contains the active ingredient, betahistine dihydrochloride.

Each VERGO tablet also contains microcrystalline cellulose, mannitol, citric acid monohydrate, colloidal silicon dioxide and purified talc.

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## **If you want to know more**

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Should you have any questions regarding this product, please contact your doctor or pharmacist.

### ***Who supplies this medicine***

Distributed in New Zealand by:

Mylan New Zealand Ltd,  
PO Box 11183,  
Ellerslie,  
Auckland.

Telephone: (09) 579 2792

### ***Date of information***

6 October 2009  
(Based on datasheet dated 5 October 2009)