

VERGO 16

Betahistine dihydrochloride Tablet 16 mg



What is in this leaflet

This leaflet answers some common questions about VERGO 16.

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 16 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.

What VERGO 16 is used for

Your VERGO 16 tablets contain the active ingredient betahistine dihydrochloride.

VERGO 16 is used to treat the symptoms of Meniere's syndrome such as loss of balance, nausea, vomiting, hearing problems and ringing in the ears.

Ask your doctor if you have any questions about why this medicine has been prescribed for you.

Your doctor may have prescribed it for another reason.

There is no evidence that VERGO 16 is addictive.

This medicine is available only with a doctor's prescription.

Before you take VERGO 16

When you must not take it

Do not take VERGO 16 if:

- you are allergic to betahistine dihydrochloride or any other ingredient 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.

Some of the 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.

Do not take this medicine after the expiry date printed on the pack or if the packaging is torn or shows signs of tampering.

If it has expired or is damaged, return it to your pharmacist for disposal.

If you are not sure whether you should start taking this medicine, talk to your doctor.

Before you start to take it

Tell your doctor if you have allergies to any other medicines, foods, preservatives or dyes.

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 16.

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.

Some medicines that may interfere with VERGO 16 include:

- antihistamines (used to treat allergies)

These medicines may be affected by VERGO 16 or may affect how well VERGO 16 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 this medicine.

How to take VERGO 16

Follow all directions given to you by your doctor or pharmacist carefully.

They may differ from the information contained in this leaflet.

If you do not understand the instructions on the box, ask your doctor or pharmacist for help.

How much to take

Your doctor will tell you how much VERGO 16 you need to take each day. It is important that you take this medicine 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 16 is noticeable.

The usual initial dose of VERGO 16 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 16 is not recommended for use in children under 18 years of age.

The dose should be taken with a glass of water.

When to take it

Take your medicine at about the same time each day.

Taking it at the same time each day will have the best effect. It will also help you remember when to take it.

The tablets may be taken with or without food. However, it is recommended that the tablets be taken with meals if they are causing stomach upsets.

How long to take it

Continue taking your medicine for as long as your doctor tells you.

This medicine helps to control your condition, but does not cure it. It is important to keep taking your medicine even if you feel well.

If you forget a dose

If it is almost time for your next dose, skip the dose you missed and take your next dose when you are meant to.

Otherwise, take it as soon as you remember, and then go back to taking your medicine as you would normally.

Do not take a double dose to make up for the dose that you missed.

This may increase the chance of getting an unwanted side effect.

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

If you have trouble remembering to take your medicine, ask your pharmacist for some hints.

If you take too much (overdose)

Immediately telephone your doctor or the National Poisons Information Centre (0800 POISON or 0800 764 766) for advice, or go to Accident and Emergency at the nearest hospital, if you think that you or anyone else may have taken too much VERGO 16. Do this even if there are no signs of discomfort or poisoning. You may need urgent medical attention.

Symptoms of an overdose may include nausea.

While you are taking VERGO 16

Things you must do

If you are about to be started on any new medicine, remind your doctor and pharmacist that you are taking VERGO 16.

Tell any other doctors, dentists, and pharmacists who treat you that you are taking this medicine.

If you become pregnant while taking VERGO 16, tell your doctor immediately.

If you are going to have surgery, tell the surgeon or anaesthetist that you are taking VERGO 16.

If you are going to have any blood tests, tell your doctor that you are taking VERGO 16.

Things you must not do

Do not take VERGO 16 to treat any other complaints unless your doctor tells you to.

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

Do not stop taking VERGO 16 or lower the dose without first checking with your doctor.

Things to be careful of

Be careful driving or operating machinery until you know how VERGO 16 affects you.

This medicine may cause dizziness

or tiredness in some people. If you have any of these symptoms, do not drive, operate machinery or do anything else that could be dangerous.

If you feel light-headed, dizzy or faint when getting out of bed or standing up, get up slowly.

Standing up slowly, especially when you get up from bed or chairs, will help your body get used to the change in position and blood pressure. If this problem continues or gets worse, talk to your doctor.

Side effects

Tell your pharmacist or doctor as soon as possible if you do not feel well while you are taking VERGO 16.

This medicine helps most people, but it may have unwanted side effects in a few people. 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.

Do not be alarmed by the following lists of side effects. You may not experience any of them.

Ask your doctor or pharmacist to answer any questions you may have.

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 your medicine.

If any of the following happen, tell your doctor immediately or go to Accident and Emergency at your nearest hospital:

- serious allergic reaction (symptoms of an allergic reaction may include swelling of the face, lips, mouth or throat which may cause

difficulty in swallowing or breathing, or hives).

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

After taking VERGO 16

Storage

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

If you take the tablets out of the pack they may not keep well.

Keep your tablets in a cool dry place where the temperature stays below 25°C.

Do not store VERGO 16 or any other medicine in the bathroom or near a sink. Do not leave it on a window sill or in the car. Heat and damp can destroy some medicines.

Keep it where children cannot reach it.

A locked cupboard at least one-and-a-half metres above the ground is a good place to store medicines.

Disposal

If your doctor tells you to stop taking this medicine or the expiry date has passed, ask your pharmacist what to do with any medicine that is left over.

Product Description

What VERGO 16 tablets look like

VERGO 16 tablets are white, round, flat tablets marked with **"BH"** **16** on one side and a breakline on the other.

Ingredients

Each VERGO 16 tablet contains the active ingredient betahistine dihydrochloride.

Each VERGO 16 tablet also contains microcrystalline cellulose, mannitol, citric acid monohydrate, colloidal silicon dioxide and purified talc.

If you want to know more

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

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