Betahistine dihydrochloride

Read all of this leaflet carefully before you start taking this medicine.

- Keep this leaflet. You may need to read it again.
- If you have any further questions, ask your doctor or pharmacist.
- This medicine has been prescribed for you. Do not pass it on to others. It may harm them, even if their symptoms are the same as yours.
- If any of the side effects becomes serious, or if you notice any side effects not listed in this leaflet, please tell your doctor or pharmacist.

In this leaflet:
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2. Before you take Serc
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1. What Serc is and what it is used for
Serc contains betahistine. This medicine is called a histamine analogue. It is used to treat:
- dizziness (vertigo)
- ringing in the ears (tinnitus)
- hearing loss suffered by people with Meniere’s disease.

This medicine works by improving blood flow in the inner ear. This lowers the build up of pressure.

2. Before you take Serc
Do not take Serc if:
- you are allergic to any of the ingredients in the tablets (see section 6 for further details)
- you have high blood pressure due to an adrenal tumour (phaeochromocytoma)
- you are taking antihistamines for an allergy or hay fever.

If any of the above applies to you, do not take this medicine and talk to your doctor.

Take special care and tell your doctor if:
- you have ever had a stomach ulcer
- you have asthma
- you are pregnant or planning to become pregnant
- you are breast-feeding.

If any of the above applies to you, talk to your doctor before taking this medicine. Your doctor will tell you whether it is safe for you to start taking this medicine.

Taking other medicines
No interaction between Serc and other medicines are known. However, do not take Serc if you are already taking antihistamines for an allergy or hay fever. This is because in theory Serc may not work properly. If you notice any unwanted effects tell your doctor or pharmacist. Please tell your doctor or pharmacist if you are taking or have taken any other medicines, including medicines obtained without a prescription. This includes herbal medicines.

Taking Serc with food and drink
You can drink alcohol while taking Serc. Serc can be taken with or without food, but it is best to take it with food.

Pregnancy and breast-feeding
Do not take Serc if you are pregnant unless your doctor has decided that it is absolutely necessary. Ask your doctor for advice. Do not breast-feed while using Serc unless instructed by your doctor. It is not known if Serc passes into breast milk.

Driving and using machines
You can drive and use machines while you are taking this treatment, so long as this medicine does not make you sleepy. Make sure that you know how this medicine affects you before you drive or use machines.

3. How to take Serc
How to take Serc
- Swallow the tablets with water.
- Take the tablet with or after a meal.
How much Serc to take
Always follow your doctor's instructions because your doctor might adjust your dose.
• Serc is available in two strengths - an 8 mg tablet and a 16 mg tablet.
• The usual starting dose is 16 mg three times a day (48 mg).
• Your doctor may lower your dose to 8 mg three times a day (24 mg).
Keep taking your tablets. The tablets can take a while to start to work.
Serc is not recommended for use in children.

How to stop taking Serc
Keep taking your tablets until your doctor tells you to stop.
Even when you start feeling better, your doctor may want you to carry on taking the tablets for some time to make sure that the medicine has worked completely.

If you take more Serc than you should
If you or someone else takes too much Serc (an overdose), talk to a doctor or go to a hospital straight away. Take the medicine pack with you.

If you forget to take Serc
If you miss a tablet, take it when you remember. If it's nearly time for your next dose, ignore the missed dose and carry on as normal. Do not try to make up for the dose you have missed. If you have any further questions on the use of this product, ask your doctor or pharmacist.

4. Possible side effects
Like all medicines Serc can cause side effects (unwanted effects or reactions), but not everyone gets them. Very few side effects have been reported with Serc.
A few people have complained about:
• stomach upsets (including indigestion)
• headaches
• itching
• rashes.
If any of the side effects become serious, or if you notice any side effects that are not listed in this leaflet, please tell your doctor or pharmacist.

5. How to store Serc
• Keep out of the reach and sight of children.
• This medicine should preferably be locked in a cupboard or medicine cabinet.
• Do not use the tablets after the expiry date which is printed on the carton and blister pack after EXP. The expiry date refers to the last day of that month.
• Do not store your tablets above 25°C.
Keep them in the original package.
• If the doctor stops your treatment, return any unused tablets to a pharmacist.
Medicines should not be disposed of via wastewater or household waste. Ask your pharmacist how to dispose of medicines no longer required. These measures will help to protect the environment.

6. Further information
What Serc contains
Each tablet contains 8 or 16 mg of betahistine dihydrochloride.
The tablets also contain microcrystalline cellulose, mannitol (E421), citric acid monohydrate, colloidal anhydrous silica and t alc.

What Serc looks like and contents of the pack
Serc 8mg tablets are round, flat and white with '256' imprinted on one face.
Serc 16mg tablets are round, biconvex, scored and white with '267' imprinted on one face. The score line can be used to split the tablet in half to help you swallow it. It should not be used to split the tablet in half to give half a tablet, as the dose will not be exact enough.

Serc 8mg tablets are available in packs of 120 Tablets in blister strips.
Serc 16mg tablets are available in packs of 84 Tablets in blister strips.

Manufacturer
Abbott Healthcare SAS,
01400 Chatillon-sur-Chalaronne, France

Procured from within the EU by the parallel product authorisation holder:
Primocrown 2010 Ltd, 4/5 Northolt Trading Estate, Belvue Road,Northolt Middlesex UB5 5QS UK Repackaged by Primecrown Ltd 4/5 Northolt Trading Estate,Northolt,Belvue Road Middlesex, UB5 5QS,UK or Propak Health Ltd 3-4 Ballyboggan Industrial Estate,Ballyboggan Road, Finglas, Dublin 11

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