



## **Betamethasone 500 microgram soluble tablets used as a mouthwash**

### **What are the aims of this leaflet?**

This leaflet has been written to help you understand more about Betamethasone soluble tablets and how they are used as a mouthwash.

### **What are Betamethasone soluble tablets and what are they used for?**

Betamethasone soluble tablets belong to a group of medicines called corticosteroids. ('steroids'). Steroids work by reducing inflammation, swelling and irritation in your mouth. Betamethasone Soluble tablets used as a mouthwash may help reduce inflammation and pain in your mouth and speed up the healing process.

### **What mouth conditions are treated with Betamethasone soluble tablets?**

Betamethasone soluble tablets can be used for the treatment of mouth conditions that cause soreness such as mouth ulcers and oral lichen planus. They are commonly prescribed by many of the Oral Medicine departments in the UK/Ireland.

### **How do I use Betamethasone soluble tablets?**

1. Dissolve one tablet in 10-20mls of water (two to four teaspoons) to make up a mouthwash.
2. Swirl the mouthwash around your mouth for 5 minutes before spitting out. Do not swallow the contents.

### **How often and at what time of the day should I use Betamethasone Soluble tablets?**

1. Use up to a maximum of 4 times per day, ideally after mealtimes and after you have brushed your teeth last thing at night.
2. Do not eat or drink for at least 30 minutes after use.



## **What are the potential risks and side effects of using Betamethasone soluble tablets as a mouthwash?**

When used correctly this medicine rarely causes side effects. However, as with all medicines, some patients experience side effects. Burning or stinging is quite common in the first few days of treatment. This usually clears up. Some people occasionally develop thrush in their mouth and find that their mouth becomes sore. If this happens, a course of antifungal treatment will clear the thrush.

For further information about the potential risks and side effects, please read the information leaflet supplied by the manufacturer within the box. Alternatively, please contact the Oral Medicine department \_\_\_\_\_.

The department is open Monday to Friday 9.00 am to 5.00 pm.

*This leaflet has been prepared by the British and Irish Society for Oral Medicine (BISOM). It is reviewed periodically to reflect relevant advances and improved understanding. Not all the information will be relevant to all patients. For individual advice please see your Oral Medicine specialist. The BISOM is not responsible for information on web sites where links are provided.*

*This leaflet is available online at [www.bisom.org.uk](http://www.bisom.org.uk)*

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