MINISTRY OF HEALTH
SINGAPORE

National Healthcare Group
Adding years of healthy life

NUH
National University Hospital
A member of the NUHS

Alexandra Health

EASTERN HEALTH ALLIANCE

Jurong Health

SingHealth

SINGHEALTH / PIL / E83R0

PATIENT INFORMATION LEAFLET

BENZYDAMINE

ABOUT **your medicine**

Benzydamine has analgesic, anti-inflammatory and antipyretic properties. It is widely used in treating painful inflammation of the mouth and throat conditions including tonsilitis, sore throat and mucositis.

HOW **should I take my medicine?**

Benzydamine comes in 2 forms:

- Mouthwash
- Lozenges

Mouthwash:

For adult, rinse the mouth with 10-15ml every 1.5-3 hours or as recommended by the doctor.

For children, rinse the mouth with 5-10ml every 1.5-3 hours or as recommended by the doctor.

Gargle with the solution, or rinse around mouth and throat, for at least 30 seconds, then spit out.

Lozenges:

Suck 1 lozenge 1-2 hourly. Maximum of 12 lozenges/day

What should I do if I FORGET **a dose?**

Take the missed dose as soon as you remember. However, if it is almost time for your next dose, skip the dose you missed and take only your next scheduled dose. Do not double your dose to make up for a missed dose.

Keep all medication out of reach of children
Discard all medication that has expired or is no longer required

What are the possible SIDE-EFFECTS **of the medicine?**

Following the use as a mouth or throat preparation, oral numbness may happen. This is harmless and will soon disappear.

Occasionally, some people may feel a stinging sensation when they first use it. If this happens to you, try diluting your next dose with water to reduce the stinging.

Change in sense of taste, tingling, dryness or thirst and warm feeling of the mouth.

After administration by mouth the most common side-effects are gastro-intestinal disturbance.

What PRECAUTIONS **should I take?**

Inform your doctor or pharmacist if:

- You are allergic to any drugs.
- You have any other medical problems.

Be careful not to splash the solution into your eyes. If this happens, wash your eyes immediately with cold water.

Do not swallow the solution. If a normal 15ml dose is accidentally swallowed, you need not worry as it is unlikely to cause you any problem. If a large amount is swallowed, you should contact your doctor or go to the nearest hospital.

Do not use it continuously for more than 7 days. Talk to your doctor if the condition gets worse or if it does not get better.

How should I STORE **the medicine?**

Store the medicine in a cool, dry place. Protect from moisture, heat and direct light.