

## Department of Dermatology

## Betamethasone 0.5mg soluble tablets

The use of Betamethasone soluble tablets in the form of a mouthwash for treating sores and ulcers in the mouth is widespread throughout the United Kingdom. However, information about its oral use is not included in the information leaflets that come with the medicine. We have written this information sheet to tell you about how to use Betamethasone soluble tablets as a mouthwash.

1. Use one tablet and dissolve it in 10 to 15ml of water – which is equivalent to roughly 2 to 4 teaspoonfuls. (Always make up a fresh mixture and use it straight away.)
2. Swish the mixture around the whole of your mouth, especially around the areas that need treating. Try to do this for 3 to 5 minutes. It is often easier to do this while distracting yourself with another activity e.g. doing the dishes, reading the paper. Spit this out unless you have been advised to swallow the mixture by your doctor.
3. Use the medication after you have brushed your teeth last thing at night (and also during the day if instructed to do so), but always after mealtimes so that it remains coating your mouth for as long as possible. Allow at least 30 minutes after taking the medication before eating and drinking again.
4. The maximum frequency is four times daily but usually you will be advised to use this once or twice daily.
5. If you feel you need a further course of this treatment, you will need to get a repeat prescription from your doctor. Your usual dentist cannot prescribe this drug.

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