

## Department of Dermatology

### Betamethasone (Betnesol™) 0.5mg

The use of Betnesol™ 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 Betnesol™ as a mouthwash.

1. Use one tablet and dissolve it in 20ml of water – which is equivalent to roughly two tablespoonfuls. (Always make up a fresh mixture and use it straight away.)
2. Use about half the mixture and swish it around the whole of your mouth, especially around the areas that need treating. Try to do this for a timed one minute. Spit this out and then use the rest of the mixture again in the same way.
3. It does not matter if you accidentally swallow the mixture, but it is recommended that you spit it out each time.
4. 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.
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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[www.ouh.nhs.uk/patient-guide/leaflets/library.aspx](http://www.ouh.nhs.uk/patient-guide/leaflets/library.aspx)

