Hydrocortisone buccal tablets for mouth ulcers

Use one tablet four times a day. Put the tablet as close to the ulcer as you can. It will dissolve slowly in your mouth. If your symptoms do not improve within five days, make an appointment to see your doctor or dentist for further advice.

About hydrocortisone buccal tablets

<table>
<thead>
<tr>
<th>Type of medicine</th>
<th>A corticosteroid medicine</th>
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</thead>
<tbody>
<tr>
<td>Used for</td>
<td>Relief of painful mouth ulcers</td>
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<tr>
<td>Available as</td>
<td>Tablets which stick to the lining of your mouth (muco-adhesive buccal tablets)</td>
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</table>

Mouth ulcers are painful sores which occur within the mouth. Although many mouth ulcers heal on their own without treatment, hydrocortisone buccal tablets can help mouth ulcers heal more quickly. They also help to ease the pain. Muco-adhesive buccal tablets are designed to be placed next to the ulcer, and to dissolve slowly in your mouth.

Hydrocortisone buccal tablets are available on prescription from doctors and dentists, or you can buy them without a prescription at pharmacies. However, if you have any other symptoms in addition to the mouth ulcers, it is important that you speak with a doctor before using the tablets.

Before using hydrocortisone buccal tablets

To make sure that this is the right treatment for you, before you start using hydrocortisone buccal tablets it is important that your doctor, dentist or pharmacist knows:

- If you are pregnant or breast-feeding. This is because, while you are expecting or feeding a baby, you should only take medicines on the recommendation of a doctor.
- If you think you may have a mouth infection.
- If the treatment is intended for a child under 12 years of age. The tablets should only be given to children aged under 12 years on the advice of a doctor.
- If you have ever had an allergic reaction to a medicine.
- If you are taking any other medicines. This includes any medicines you are taking which are available to buy without a prescription, as well as herbal and complementary medicines.

How to use hydrocortisone buccal tablets

- Before you start the treatment, read the manufacturer’s printed information leaflet from inside the pack. It will give you more information about the tablets, and it will also provide you with a full list of the side-effects which you could experience.
- Place one buccal tablet as close to the mouth ulcer as you can. It will stick gently to the lining of your mouth, and then dissolve slowly to allow the medicine it contains to come into contact with the ulcer. Do not suck the tablet, and try not to move it around your mouth.
- Unless you have been told otherwise, use one tablet four times a day until the ulcer has healed. Space the doses out evenly throughout the day.
- If your symptoms do not improve within five days, make an appointment to see a doctor or dentist for further advice. Also, if your symptoms improve but then come back again, you should make an appointment to see a doctor for further advice and a check-up.

Getting the most from your treatment

- Do not use more than the recommended dose of one tablet four times daily. If you forget a dose, don’t worry. Do not use two tablets at the same time to make up for a missed dose.
- It may help to avoid spicy foods, acidic fruit drinks, and very salty foods (such as crisps). These can all make the pain and stinging of ulcers worse.
- Some people find it helps to use a straw to drink with. This helps to avoid liquids from touching ulcers at the front of your mouth. Do not however use a straw to drink hot drinks, as this can cause you to burn your throat.

Can hydrocortisone buccal tablets cause problems?
Along with their useful effects, most medicines can cause unwanted side-effects although not everyone experiences them. The table below contains some of the ones associated with hydrocortisone buccal tablets, although these are uncommon. The best place to find a full list of the side-effects is from the manufacturer’s printed information leaflet supplied with the medicine. Alternatively, you can find an example of a manufacturer's information leaflet in the reference section below.

<table>
<thead>
<tr>
<th>Hydrocortisone buccal tablet side-effects</th>
<th>What can I do if I experience this?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oral thrush (the symptoms of thrush are a sore red mouth, with white 'furry' patches on the tongue or the insides of the cheeks)</td>
<td>Speak with your doctor, dentist or pharmacist for treatment advice</td>
</tr>
<tr>
<td>Worsening of diabetes; worsening of mouth infections</td>
<td>Check with a doctor for advice</td>
</tr>
<tr>
<td>Allergic-type reactions</td>
<td>Stop using the tablets and speak with a doctor for further advice</td>
</tr>
</tbody>
</table>

If you experience these or any other symptoms which you think may be due to the tablets, speak with a doctor or pharmacist for further advice.

How to store hydrocortisone buccal tablets

- Keep all medicines out of the reach and sight of children.
- Store in a cool, dry place, away from direct heat and light.

Important information about all medicines

Never take more than the prescribed dose. If you suspect that you or someone else might have taken an overdose of this medicine go to the accident and emergency department of your local hospital. Take the container with you, even if it is empty.

This medicine is for you. Never give it to other people even if their condition appears to be the same as yours.

If you are having an operation or any dental treatment, tell the person carrying out the treatment which medicines you are taking.

Do not keep out-of-date or unwanted medicines. Take them to your local pharmacy which will dispose of them for you.

If you have any questions about this medicine ask your pharmacist.

Further reading & references

- Manufacturer's PIL, Hydrocortisone 2.5 mg Muco-Adhesive Buccal Tablets; Auden Mckenzie (Pharma Division) Ltd, The electronic Medicines Compendium. Dated September 2015.

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