

Carbamazepine (Tegretol)

| Type | Safety | Efficacy | Recommended? |
|---|-------------------------|-----------------------|---|
|  | 2 | 3 |  |
| Pharmaceutical | Some potential for harm | Evidence of no effect | No |

In detail:

| | |
|---|--|
| Claims for treatment | That anticonvulsants potentially reduce central auditory hyperactivity that may be related to tinnitus ¹ . |
| What is the treatment? | Carbamazepine is taken in tablet, liquid or suppository form. |
| What are the downsides of this treatment? | Common side effects from clinical trials included nausea, dizziness, headache, tiredness ² . |
| Has there been research into this treatment? | Yes, but very limited ^{3 4 5} . |
| What does the research say? | <p>Carbamazepine is not more effective than placebo in decreasing tinnitus severity⁵.</p> <p>There is no evidence to show that anticonvulsants have a large positive effect in the treatment of tinnitus².</p> <p>Use of these drugs for epilepsy may result in tinnitus and other auditory dysfunctions⁶</p> |

Tinnitus UK try very hard to make sure our information is right, but this information should not be taken as medical advice. You should always check with your doctor before trying any tinnitus treatment.

| | |
|---|---|
| How high quality is the research?* | B- |
| Tinnitus UK's opinion on this treatment: | There is no evidence to show that carbamazepine has an impact on tinnitus. Use of anticonvulsants for epilepsy may result in tinnitus and other auditory dysfunctions ⁶ |
| Would Tinnitus UK support further studies into this treatment? | Yes, provided study is of high quality. |

* A = Systematic review/meta analysis. B = Randomised control studies. C = Cohort studies. D = Case control studies. E = case studies/reports. +/- to be used to indicate quality within bands

For further information

The Tinnitus UK Tinnitus Support Team can answer your questions on any tinnitus related topics:

Telephone **0800 018 0527**
 Web chat **tinnitus.org.uk**
 Email **helpline@tinnitus.org.uk**
 Text/SMS **07537 416841**

We also offer a free tinnitus e-learning programme, Take on Tinnitus at takeontinnitus.co.uk

References

All online references accessed 9 November 2022 unless noted.

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Feedback

We welcome feedback on all our information.

You can pass your comments to our Communications Team by calling us on **0114 250 9933**, emailing **communications@tinnitus.org.uk** or by writing to us at the address below.

Document information

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