

Flunarizine (Sibelium)

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 . Flunarizine may also enhance blood flow and prevent narrowing of the blood vessels, which can be linked to tinnitus ² .
What is the treatment?	Flunarizine is taken in tablet form.
What are the downsides of this treatment?	Common side effects from clinical trials included nausea, dizziness, headache, tiredness ³ .
Has there been research into this treatment?	One study has been conducted ⁴ .
What does the research say?	Although a small scale study, flunarizine was no better than the placebo as a treatment for tinnitus ⁴ . There is no evidence to show that anticonvulsants have a large positive effect in the treatment of tinnitus ³ .

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 flunarizine has an impact on tinnitus.
Would Tinnitus UK support further studies into this treatment?	No.
Comments	Flunarizine is not marketed nor licensed in the UK.

* 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.

1. Tunkel DE, Bauer CA, Sun GH, et al. Clinical Practice Guideline: Tinnitus. *Otolaryngology-Head and Neck Surgery*. (2014) 151(2_suppl): S1-S40. doi:10.1177/0194599814545325

2. Jastreboff PJ, Hazell JWP. Tinnitus Retraining Therapy: Implementing the Neurophysiological Model (2009). Cambridge University Press. ISBN 9780521088374

3. Hoekstra CEL, Rynja SP, van Zanten GA, Rovers MM. Anticonvulsants for tinnitus. *Cochrane Database of Systematic Reviews* (2011) Issue 7. Art. No.: CD007960. DOI: 10.1002/14651858.CD007960.pub2.

4. Hulshof JH, Vermeij P. The value of flunarizine in the treatment of tinnitus. *ORL: Journal of Oto-Rhino-Laryngology and Its Related Specialties* (1986) 48:33-6.

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 overleaf.

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Author Nic Wray
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Tinnitus UK

Ground Floor, Unit 5, Acorn Business Park, Woodseats Close, Sheffield S8 0TB
Email helpline@tinnitus.org.uk
Helpline **0800 018 0527**
Text/SMS **07537 416841**
Website tinnitus.org.uk

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