

Lamotrigine (Lamictal)

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?	Lamotrigine is taken in tablet form.
What are the downsides of this treatment?	Common side effects from clinical trials included nausea, dizziness, headache, tiredness ² . Lamotrigine can also trigger skin rashes ³ .
Has there been research into this treatment?	One study has been conducted ⁴ .
What does the research say?	Although a small scale study, lamotrigine was not effective as a treatment for tinnitus ⁴ . There is no evidence to show that anticonvulsants have a large positive effect in the treatment of tinnitus ² .

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 lamotrigine has an impact on tinnitus. Use of anticonvulsants for epilepsy may result in tinnitus and other auditory dysfunctions ⁵ .
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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2. 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.

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4. Simpson JJ, Gilbert AM, Weiner GM, Davies WW. The assessment of lamotrigine, an antiepileptic drug, in the treatment of tinnitus. *American Journal of Otolaryngology* (1999) 20:627-31.

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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.

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