

Loperamide 2mg Capsules

- In addition to taking loperamide, make sure you drink plenty of clear fluids such as water or very diluted squashes or fruit juices. Avoid drinking alcohol or milk.
- As your diarrhoea begins to improve try eating more solid foods.
- If your symptoms persist for more than 24 hours consult your doctor or pharmacist for advice, if you have not already done so. If loperamide has been prescribed by your doctor, and symptoms have not settled after 5 days, return for further advice.
- If symptoms get worse or you have a fever (high temperature) ask your doctor or pharmacist for advice.

About loperamide

Type of medicine	Antimotility drug
Used for	Diarrhoea
Also called	Diocalm®, Entrocalm®, Imodium®, Imodium® Instants, Norimode®, Normaloe®
Available as	Capsules Tablets Chewable tablets Orodispersible tablets (dissolve-in-the-mouth) Oral liquid

Loperamide works by slowing down the movement of the intestine and reducing the speed at which the contents of the gut pass through. Food remains in the intestines for longer and water can be more effectively absorbed back into the body. This results in firmer stools that are passed less often.

Before taking loperamide

Before taking loperamide make sure your doctor or pharmacist knows:

- If you suffer from liver problems.
- If you suffer from colitis (inflammation of the bowel).
- If you have a condition where slowing of the bowel should be avoided, for example, constipation or bloated tummy.
- If you are pregnant, trying for a baby or breast-feeding.
- If you are taking other medicines, including those available to buy without a prescription, herbal or complementary medicines.

- If you have ever had an allergic reaction to this or any other medicine. Loperamide is not recommended in children under 4 years.

How to take loperamide

- Take loperamide exactly as directed. The usual dose for an adult is two tablets or capsules to start with, followed by one tablet or capsule after each loose bowel movement. This usually means taking three or four doses a day. Never take more than 8 tablets or capsules each day. If the loperamide is for a child, the dose will depend upon the child's age. If you are unsure of what dose to give, speak to your doctor.
- Swallow loperamide capsules and tablets whole, not crushed or chewed, with a glass of water.
- Suck or chew loperamide chewable tablets before swallowing.
- Allow loperamide orodispersible tablets to dissolve in the mouth.

Getting the most from your treatment

- In addition to taking loperamide, oral rehydration salts may be taken to help prevent dehydration and replace lost salts. Check with your pharmacist before taking that these are suitable for you.
- Make sure you also drink plenty of clear fluids such as water or very diluted squashes or fruit juices. Avoid drinking alcohol or milk.
- As your diarrhoea begins to improve try eating more solid foods.
- If your symptoms persist for more than 24 hours consult your doctor or pharmacist for advice, if you have not already done so. If loperamide has been prescribed by your doctor, and symptoms have not settled after 5 days, return for further advice.
- If symptoms get worse or you have a fever (high temperature) ask your doctor or pharmacist for advice.

Can loperamide cause problems

Along with their useful effects all medicines can cause unwanted side effects, which usually improve as your body adjusts to the new medicine. Speak with your doctor or pharmacist if any of the following side effects continue or become troublesome.

Possible side-effects	What can I do if I experience this
Abdominal cramps and bloating	Speak to your doctor or pharmacist if these symptoms continue
Dizziness, drowsiness	Make sure your reactions are normal before driving, operating machinery or doing any other jobs which could be dangerous if you were not fully alert
Skin reactions including rashes and itching	Speak to your doctor or pharmacist if these symptoms occur

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Important: Very occasionally people can have an allergic reaction to loperamide. If you develop any swelling of the mouth, experience any breathlessness or an increased heart rate, stop taking loperamide and contact your doctor at once.

Other side-effects include nausea (feeling sick), vomiting, indigestion and difficulty passing urine. If you experience these or any other worrying symptoms, which you think may be due to this medicine, discuss them with your doctor or pharmacist.

How to store loperamide

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

Important information about all medicines

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- Keep all medicines out of the sight and reach of children.
- Make sure that the person prescribing this medicine knows about any other medicines that you are taking. This includes medicines you buy and herbal and homeopathic medicines.
- If you buy any medicines check with a pharmacist that they are safe to take with your other medicines.
- Before taking this medicine tell your doctor if you have ever had an allergic reaction after taking any medicine.
- Never take more than the prescribed dose. If you suspect that you or someone else has taken an overdose of this medicine go to the accident and emergency department of your local hospital at once. Always take the container with you, if possible, even if it is empty.
- If you are having any treatment like an operation or dental treatment tell the person carrying out the treatment which medicines you are taking.
- Always read the printed information leaflet that comes with your medicine.
- This medicine is for you. Never give it to other people even if their condition appears to be the same as yours.
- Never 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.