Te Whatu Ora
Health New Zealand
Waitaha Canterbury

LOPERAMIDE

loh-peer-ah-mide

What does it do?

Loperamide is used to treat or prevent diarrhoea.

Before you start

- Tell your health professional if you have other bowel problems or bloody diarrhoea.
- Tell your health professional if you are pregnant, planning to become pregnant, or breastfeeding.
- Tell your health professional if you have phenylketonuria (PKU). The *loperamide* orodispersable tablet may contain aspartame (a source of phenylalanine).

How should you take it?

Take *loperamide* as directed. You can take it with or without food.
Capsule and tablet: Take with a glass of water.
Orodispersible tablet: Place on your tongue to dissolve before swallowing.
Liquid: Measure carefully with an oral syringe or measuring spoon.

What if you forget a dose?

Should an occasional dose be missed it need not be taken later.

Can you take other medicines?

Some medicines available without a prescription may react with *loperamide* including:

- laxatives (e.g. Laxsol®)

Tell your pharmacist or doctor about all medicines or treatments that you may be taking, including vitamins, herbal products or recreational drugs.

What side effects might you notice?

Side Effects	Recommended action
Dizziness Nausea	Tell your doctor if troublesome
Constipation	Stop taking and tell your doctor if troublesome

If you notice any other effects, discuss them with your doctor or pharmacist.

Other information:

- Do not take more than the stated dose. For adults this is usually up to a maximum of 8 tablets/capsules in 24 hours.