BC WOMEN'S HOSPITAL + HEALTH CENTRE
An agency of the Provincial Health Services Authority

COMPLEX CHRONIC DISEASES PROGRAM

Medication Handout

Loperamide (Imodium®)

Medication: Loperamide 2 mg

What is Loperamide?
Loperamide is an anti-diarrheal agent that works by slowing down the activity of your bowel. This allows more water to be absorbed back into your body and results in firmer stools. Loperamide can be helpful for irritable bowel syndrome with diarrhea.

Expected Benefit:
- Usually effective immediately

Watch for possible side effects:
It is important to be aware of the side effects however, it is also important to remember that not all side effects occur in everyone. Many of the less serious side effects will improve over the first few days of taking the medication.

If you have problems with these side effects talk with your doctor or pharmacist:
- Constipation
- Worsening of IBS symptoms
- Stomach cramps
- Dry mouth

Stopping the medication:
There should be no withdrawal effect when stopping the medication if the medication is not taken regularly.

How to use this medication:
- Take 45 minutes before meals or other event where you risk having diarrhea
- Do not take this medication if you have an infection causing diarrhea or food poisoning (e.g., bloody stools and fever)

Dosing Schedule:
- Available without a prescription
- Initial: 4 mg, followed by 2 mg after each loose stool up to 4 times a day
- Maximum 16 mg per day
- If clinical improvement is not observed after ≥10 days of maximally tolerated dosage, symptoms are unlikely to be controlled by further administration. **Note:** In patients with irritable bowel syndrome with alternating diarrhea and constipation, treatment should be limited to short courses as needed.

Drugs and Foods to Avoid:
Ask your doctor or pharmacist before using any other medication, including non-prescription medication (over-the-counter medication) and herbal products.

Please contact the Complex Chronic Diseases Program if you have further questions about your medications.