

**Medication: Dicyclomine 20 or 40 mg**

**What is Dicyclomine:**

Dicyclomine works by relieving muscle spasm of the gastrointestinal tract and is helpful for treating irritable bowel syndrome (IBS), especially if you have diarrhea, cramping, and pain.

**Expected Benefit:**

- You should notice benefits within hours
- This drug can be taken as needed or regularly

**Watch for possible side effects:**

This list of side effects is important for you to be aware of however, it is also important to remember that not all side effects happen to everyone.

If you have problems with these side effects talk with your doctor or pharmacist:

- Dry mouth
- Dizziness
- Constipation
- Stomach upset more than is usual
- Blurred vision

**Stopping the medication:**

There should be no withdrawal effect when stopping the medication.

**How to use this medication:**

- Take this medication with or without food

**Dosing Schedule:**

- Start with 20 mg 4 times a day
- Can be increased to 40 mg 4 times a day if needed
- Can also be taken as needed instead of regularly

**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.

- Take 2 hrs after potassium

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