

**Medication: Loperamide (Imodium) 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:**

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:

- 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
- 2 - 4 mg up to 4 times a day
- Maximum 16 mg per day

**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.