

# Loperamide

Medication Information Leaflet

## What is this medication for?

Loperamide is used to treat diarrhoea. It works by slowing down the movement of stools in your bowels.

## How should I take/use this medication?

You may take this medication with or without food.

## What should I do if I forget to take/use this medication?

Most of the time, this medicine is taken on an as needed basis. Do not exceed the recommended dose given by your healthcare professional.

## What precautions should I take?

Inform your healthcare professional if:

- You are allergic to this medication or any of the other ingredients of this medication
- You are pregnant, planning to become pregnant, or breastfeeding
- You are taking any other medications, including supplements, traditional medications and herbal remedies.
- You have any heart conditions, including those associated with irregular heart rhythm or liver disease.

Ensure you continue to take sufficient fluid and electrolytes while experiencing diarrhoea to prevent dehydration and electrolyte imbalance.

## What are some common side-effects of this medication?

Common side effects of loperamide include dizziness, passing gas, headache and nausea.

## **What are some rare but serious side-effects that I need to seek medical advice immediately?**

Consult your healthcare professional if you develop a fever, irregular heartbeat, fainting, blood in your stool or if your symptoms do not go away even after taking the medication.

The symptoms of a drug allergy include one or more of the following:

- Swollen face/eyes/lips/tongue
- Difficulty in breathing
- Itchy skin rashes over your whole body

If you experience any of these symptoms, you should stop your medication and see your healthcare professional immediately.

## **What food or medication should I avoid when I take this medication?**

Inform your healthcare professional if you are taking or intend to take any other medication, supplements, traditional medications or herbal remedies.

## **How should I store this medication?**

Store in a cool and dry place, away from direct sunlight. Keep this medication away from children.

## How should I throw away this medication safely?

Pack this medication into a black trash bag and seal it tightly before throwing into the rubbish chute or bin.

### Disclaimers

If you take more than the recommended dose, please seek medical advice immediately. The information provided on this page does not replace information from your healthcare professional. Please consult your healthcare professional for more information.

*This article is jointly developed by members of the National Medication Information workgroup. The workgroup consists of cluster partners (National Healthcare Group, National University Health System and SingHealth), community pharmacies (Guardian, Unity and Watsons) and Pharmaceutical Society of Singapore.*

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