

Information for the user

Boots Diarrhoea Relief 2 mg Capsules (Loperamide Hydrochloride)

Read all of this leaflet carefully because it contains important information for you.

This medicine is available without prescription to treat a minor condition. However, you still need to take it carefully to get the best results from it.

- Keep this leaflet, you may need to read it again
- Ask your pharmacist if you need more information or advice

What this medicine is for

This medicine contains Loperamide Hydrochloride which belongs to a group of medicines called antidiarrhoeals, which act to relieve the symptoms of sudden, **short term diarrhoea** ("acute" diarrhoea). It works by making the stools ("poo") more solid and less frequent.

It can be used to relieve short term diarrhoea in adults and children aged 12 years and over. It can also be used by adults of 18 years and over who have **irritable bowel syndrome** (IBS), which has been previously diagnosed by a doctor, to relieve short term diarrhoea associated with it.

Before you take this medicine

This medicine can be taken by adults and children of 12 years and over. However, diarrhoea is a common symptom of a number of serious stomach and bowel conditions and therefore some people should not take this medicine or should seek the advice of their pharmacist or doctor first.

X Do not take:

- If you are allergic to or have ever had a bad reaction to loperamide or to any of the ingredients in this medicine (see "What is in this medicine")
- If it is for a child aged under 12 (or under 18 for an IBS patient)
- If you are having a flare up of an inflammatory bowel condition, such as ulcerative colitis
- If you have very smelly stools, blood or pus in your stools, stomach pain, or a fever
- If you have dysentery (a disease caused by eating and drinking contaminated food and water) – you may have a fever and blood in your stools
- If you have severe diarrhoea after taking antibiotics
- If you have a swollen stomach (especially in children with severe dehydration)
- If you are constipated, or have any condition which may cause constipation or where constipation should be avoided
- If you have paralytic (non movement) of the bowel muscles, or an obstruction of the bowel
- If you are breastfeeding

! Talk to your pharmacist or doctor:

- If you are pregnant, think you are pregnant or planning a pregnancy
- If you have liver problems
- If you have AIDS (you may be more likely to experience some of the side effects - if your stomach becomes swollen stop taking the capsules and talk to your doctor)
- If you have IBS but had not had this condition previously diagnosed by a doctor
- If you have diarrhoea that lasts for **more than 48 hours**
- If you have severe diarrhoea as your body loses more fluid, sugars and salts than normal
- If you have been told by your doctor that you have an intolerance to some sugars
- If you have IBS, which has previously been diagnosed by a doctor, but you notice any of the following new symptoms:
 - If you are 40 years or over and it is some time since your last attack of IBS, or if the symptoms are different this time
 - If you have recently passed blood from the bowel
 - If you have severe constipation

Information about some of the ingredients in this medicine: The colour ponceau 4R (E124) in this medicine may cause allergic reactions.

This medicine contains lactose monohydrate. If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this medicine.

If you take other medicines

Before you take these capsules, make sure that you tell your pharmacist about ANY other medicines you might be using at the same time, particularly the following:

- Ritonavir (used to treat HIV)
- Quinidine (for heart rhythm problems or malaria), gemfibrozil (for reducing blood fat levels)
- Itraconazole, ketoconazole (for fungal infections)
- Desmopressin (for treating excessive urination or bed wetting)
- Other medicines for diarrhoea, constipation, or for other stomach and bowel conditions

If you are unsure about interactions with any other medicines, talk to your pharmacist. This includes medicines prescribed by your doctor and medicine you have bought for yourself, including herbal and homeopathic remedies.

How to take this medicine

Check the foil is not broken before use. If it is, do not take that capsule.

Age	What for	How many	How often
Adults and children of 12 years and over	Short term diarrhoea	Two capsules to start with. After that, take one capsule after each loose bowel movement.	Don't take more than 6 capsules in any 24 hours. Don't take for more than 48 hours.
Adults only (18 years and over)	Diarrhoea associated with irritable bowel syndrome, which has been diagnosed by a doctor	Two capsules to start with. After that, take one capsule after each loose bowel movement (or as advised by your doctor).	You can use this medicine for up to 14 days for repeated attacks, but don't take for any one attack lasting longer than 48 hours. Don't take for more than 14 days.

Swallow each capsule with water. For oral use only. Do not give to children under 12 years. Do not take more than the amount recommended above. Replace lost fluid by drinking more liquid than usual. This medicine is not for long-term treatment. If your short term diarrhoea does not go away within 48 hours talk to your doctor.

If you need to take this medicine for diarrhoea associated with IBS for more than 14 days, or if you notice new symptoms, or symptoms worsen, talk to your doctor.

! If you take too many capsules: If you have taken too many Boots Diarrhoea Relief 2 mg Capsules, immediately contact a doctor or hospital for advice. Symptoms may include: increased heart rate, irregular heartbeat, changes to your heartbeat (these symptoms can have potentially serious, life-threatening consequences), muscle stiffness, uncoordinated movements, drowsiness, difficulty breathing, or weak breathing. Children react more strongly to large amounts of this medicine than adults. If a child takes too much or shows any of the above symptoms, call a doctor immediately. Take your medicine and this leaflet with you.

Reporting of side effects

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via the Yellow Card Scheme at: www.mhra.gov.uk/yellowcard or search for MHRA Yellow Card in the Google Play or Apple App Store. By reporting side effects you can help provide more information on the safety of this medicine.

How to store this medicine

Do not store above 30°C. Store in the original package. Keep this medicine in a safe place out of the sight and reach of children, preferably in a locked cupboard. Use by the date on the end flap of the carton.

What is in this medicine

Each capsule contains Loperamide Hydrochloride 2 mg, which is the active ingredient. As well as the active ingredient, the capsules also contain lactose monohydrate, pregelatinised maize starch, magnesium stearate. The capsule shell contains gelatin, ponceau 4R (E124), indigo carmine (E132), titanium dioxide (E171), yellow and black iron oxides (E172), printing ink (containing black iron oxide (E172), shellac, propylene glycol). The pack contains 6 hard, green/grey capsules with "0611" printed on them.

Who makes this medicine

Manufactured for the Marketing Authorisation holder The Boots Company PLC Nottingham NG2 3AA by Famar AVE Anthoussa Attiki 15349 Greece Leaflet prepared May 2024.

If you would like any further information about this medicine, please contact The Boots Company PLC Nottingham NG2 3AA

Other formats

To request a copy of this leaflet in Braille, large print or audio, please call, free of charge: 0800 198 5000 (UK only)

Please be ready to give the following information:

Product name: Boots Diarrhoea Relief 2 mg Capsules (6 capsules)
Reference number: 00014/0611
This is a service provided by the Royal National Institute of Blind People.

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