



[Home](#)

2. [Zelnorm](#)

Zelnorm

Generic name: tegaserod [*te-GAS-e-rod*]

Drug class: [Serotonergic neuroenteric modulators](#)

Medically reviewed by [Judith Stewart, BPharm](#). Last updated on Aug 23, 2023.

[Uses](#) [Warnings](#) [Before taking](#) [Dosage](#) [Side effects](#) [Interactions](#) [FAQ](#)

What is Zelnorm?

Zelnorm increases the action of a chemical called serotonin in the intestines. This speeds the movement of stools through the bowels.

Zelnorm is used to treat severe, chronic, irritable bowel syndrome (IBS) in women under 65 years of age who have constipation (and not diarrhea) as their main bowel problem.

Zelnorm may also be used for other purposes not listed in this medication guide.

Warnings

Zelnorm is not for use in people with diarrhea as the main symptom of their irritable bowel condition.

You should not use this medication if you are allergic to tegaserod, or if you have a history of stroke, heart attack, or transient ischemic attack (TIA), high blood pressure, uncontrolled angina, high cholesterol or triglycerides, diabetes, depression, or anxiety.

You also should not use Zelnorm if you smoke, if you are older than 65 years, if you are overweight, or if you have a history of suicidal thoughts or actions.

Before taking Zelnorm, tell your doctor if you have gallbladder problems, a blockage in your intestines, other stomach or intestinal disorders, kidney disease, or liver disease.

Zelnorm has not been shown to be helpful for men with irritable bowel syndrome. Stop taking Zelnorm and call your doctor at once if you have new or worsening stomach pain, blood in your stools, ongoing diarrhea, severe stomach pain or cramps, or feel like you might pass out.

What should I discuss with my healthcare provider before taking Zelnorm?

You should not use Zelnorm if you are allergic to tegaserod, or if you have:

- a history of stroke, heart attack or transient ischemic attack (TIA);

- untreated or uncontrolled angina (chest pain);
- high blood pressure;
- high cholesterol or triglycerides;
- diabetes;
- depression or anxiety;
- if you smoke;
- if you are older than 65 years;
- if you are overweight; or
- if you have a history of suicidal thoughts or actions.

Before taking Zelnorm, tell your doctor if you are allergic to any drugs, or if you have:

- diarrhea or if diarrhea is your main symptom of IBS;
- gallbladder problems;
- a blockage in your intestines;
- any other stomach or intestinal disorders;
- kidney disease; or
- liver disease.

If you have any of these conditions, you may need a dose adjustment or special tests to safely use Zelnorm.

Tell your doctor if you are pregnant or plan to become pregnant during treatment. It is not known if Zelnorm will harm your unborn baby.

Tell your healthcare provider if you are breastfeeding or plan to breastfeed. It is not known if Zelnorm passes into breast milk. You should not breastfeed if you take Zelnorm.

Zelnorm has not been shown to be helpful for men with irritable bowel syndrome.

 [Zelnorm pregnancy and breastfeeding warnings](#) (more detail)

How should I take Zelnorm?

Take Zelnorm exactly as prescribed by your doctor. Do not take it in larger amounts or for longer than recommended. Follow the directions on your prescription label.

Take this medication with a full glass of water. Take Zelnorm on an empty stomach, 30 minutes before a meal.

Zelnorm is usually taken twice daily. Follow your doctor's instructions.

It may take up to 2 weeks of using this medicine before your symptoms improve. For best results, keep using the medication as directed. Talk with your doctor if your symptoms do not improve after 4 to 6 weeks of treatment.

Zelnorm is not a cure for irritable bowel syndrome. If you stop taking Zelnorm, your symptoms may return within 1 or 2 weeks.

Store Zelnorm at room temperature away from moisture and heat.

 [Detailed Zelnorm dosage information](#)

What happens if I miss a dose?

If you miss a dose or forget to take your medicine, wait until it is time for your next dose and skip the missed dose. Do not take extra medicine to make up the missed dose.

What happens if I overdose?

Seek emergency medical attention if you think you have used too much of this medicine.

Overdose symptoms may include diarrhea, stomach pain, nausea, and vomiting.

What should I avoid?

Follow your doctor's instructions about any restrictions on food, beverages, or activity while you are using Zelnorm.

Zelnorm side effects

Get emergency medical help if you have any of these signs of an allergic reaction: hives; difficulty breathing; swelling of your face, lips, tongue, or throat. Stop taking Zelnorm and call your doctor at once if you have a serious side effect such as:

- new or worsening stomach pain;
- blood in your stools;
- ongoing diarrhea;
- severe stomach pain or cramps; or
- feeling like you might pass out.

Less serious side effects may include:

- headache, dizziness or migraine;
- back pain or joint pain; or
- mild stomach pain, nausea or gas.

This is not a complete list of side effects and others may occur. Tell your doctor about any unusual or bothersome side effect.

 [Zelnorm side effects](#) (more detail)

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What other drugs will affect Zelnorm?

Other drugs may interact with Zelnorm. Talk your doctor and pharmacist before taking any prescription or over-the-counter medicines, including herbal products.

 [Zelnorm drug interactions](#) (more detail)

Does Zelnorm interact with my other drugs?

Enter medications to view a detailed interaction report using our [Drug Interaction Checker](#).

Zelnorm

+

Enter a drug name

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- [FDA approval history](#)
- [Drug class: serotonergic neuroenteric modulators](#)
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Professional resources

- [Zelnorm prescribing information](#)

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- [Irritable Bowel Syndrome with Constipation](#)

Further information

Remember, keep this and all other medicines out of the reach of children, never share your medicines with others, and use this medication only for the indication prescribed.

Always consult your healthcare provider to ensure the information displayed on this page applies to your personal circumstances.

[Medical Disclaimer](#)

DRUG STATUS

Availability

Rx Prescription only

[Pregnancy & Lactation](#)

 Risk data available

CSA Schedule*

N/A Not a controlled drug



Approval History

10+ years FDA approved 2002



User Reviews & Ratings

8.8 / 10

[44 Reviews](#)

Images

Zelnorm 6 mg (NVR E H)



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