



What's my Drug?

Loperamide is used to help control diarrhoea.

How to take it: Take it with a drink of water. If you are using loperamide for an attack of diarrhoea, for example, travellers' diarrhoea, the dose is usually two capsules to start with, then once more after each loose stool. Do not use loperamide for more than five days in this case. The maximum for adults dose is 8 in any one day. Loperamide can also be used long-term under medical supervision, for example after bowel surgery or to reduce stoma output. Your health professional will advise you how much you need to take.

Possible side effects include: Stomach cramps, feeling dizzy, headache, dry mouth, and sometimes skin rashes. Skin problems can occasionally be serious. If you take too much or take it for too long you could get constipated. If you get tummy pains ask a healthcare professional for advice.

Rare but important side effects: Allergic reactions are possible. It is very important not to take more tablets than advised. Taking too many can cause heart problems, sometimes dangerously.

Warnings and Cautions: Not for use in pregnancy or during breastfeeding. Diarrhoea can sometimes be a sign of serious disease and must be taken seriously if it doesn't get better quickly. Do not forget that if you have diarrhoea you must drink plenty. Check the Product Information Leaflet for full details of all its other potential side effects.