

Bentyl® Antispasmodic Medication

Bentyl® (dicyclomine) is an **antispasmodic medication**, or a medication that reduces muscle activity. This medication is used to treat muscle spasms that people with **irritable bowel syndrome (IBS)** often feel.

- IBS is a group of gastrointestinal (GI) symptoms, including pain or discomfort in your abdomen (stomach) and changes in your bowel movement patterns.

How to take Bentyl®

- Bentyl® comes in a 10 mg tablet (pill). **Do not break or crush the tablet.** Bentyl® is an extended release tablet, meaning that the pills are designed to slowly release the medication into your body over a longer period of time.
- Swallow 1 Bentyl® tablet 30 minutes before meals to help with stool urgency (a sudden need to poop) after eating a meal.
- **Do not take this medication within 2-3 hours of taking an antacid (like Maalox®, Mylanta®) or any medications to stop diarrhea.**

Possible side effects of Bentyl®

The most common side effects from this medication are:

- Constipation
- Nausea and vomiting
- Dry mouth
- Trouble focusing or vision changes
- Decrease in how much you urinate (peeing less)

Call your doctor right away if you have a bad reaction to the medication, fast or uneven heartbeat, restlessness, agitation, confusion, or severe dizziness or light-headedness after taking this medication.

Do not take Bentyl® if:

- You have glaucoma
- You have myasthenia gravis
- You have trouble urinating because of a blockage (such as an enlarged prostate)
- You are breastfeeding
- You are pregnant

Insurance coverage for Bentyl®

Bentyl® is covered by most health insurance companies (meaning that they will pay for part or all of your medication if you have a prescription).

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