



What is Loperamide (Imodium)?

Loperamide (also known as Imodium) is a medication you can use for relief of frequent loose stools or diarrhea. It works by slowing down the movement of the gut. This decreases the number of bowel movements and makes the stool less watery. Loperamide is also used to reduce the amount of stool output in people who have undergone an ileostomy. Loperamide treats only the symptoms, not the cause of the diarrhea (such as infection). Treatment of other symptoms and the cause of the diarrhea should be determined by your doctor.

What forms does Loperamide come in?

Loperamide comes in both a 2 mg tablet and a liquid. The recommended first dose is 4 mg (2 capsules) followed by 2 mg (1 capsule) after each unformed stool until diarrhea is controlled. The most you should ever take in a day is 8 mg unless your doctor advises you otherwise. Be sure to drink lots of water while taking Loperamide. Liquid Loperamide is helpful when you need a smaller dose of the medication due to constipation. You can take smaller doses with the liquid, such as 1 mg.

What are the possible side effects?

Dizziness, drowsiness, tiredness, or constipation may occur. If any of these effects persist or worsen, contact your doctor promptly. Remember that your doctor has prescribed this medication and they have judged that the benefit to you is greater than the risk of side effects. Many people using this medication do not have serious side effects.

Stop taking this medication and **get medical help right away** if you have any very serious side effects, including:

- Severe constipation
- Nausea
- Vomiting
- Stomach or abdominal pain
- Uncomfortable fullness of the stomach or abdomen
- Fast or irregular heartbeat
- Severe dizziness or fainting

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