

# Dartmouth-Hitchcock Inflammatory Bowel Disease Center

## Medication Information Sheet for Antidiarrheals

**Brand Names:** Imodium, Lomotil

**Generic Names:** loperamide, diphenoxylate/atropine sulfate

**Drug Class:** Antidiarrheals

### What do these medications do?

Used to slow down the gut and therefore decrease stool frequency. Used to treat diarrhea in inflammatory bowel disease and to decrease ostomy and J pouch output.

### Possible Side Effects:

*These medications are well tolerated by most people. If you have problems with less serious side effects, please talk with your doctor. Often, these side effects lessen and/or disappear with a decrease of dosage or after a period of use.*

- Fatigue, drowsiness
- Dizziness
- Dry mouth

### Call your doctor *immediately* if you have any of these side effects:

- Allergic reaction (Itching or hives, swelling in face or hands, swelling in the mouth or throat, tightness in chest, trouble breathing)
- Abdominal distention
- Abdominal pain
- Difficulty urinating
- Confusion

### Dosage and Administration:

Your dose is \_\_\_\_\_

- This medication may be taken ½ hour before meals
- Do not use more than 8 tablets in 24 hours
- Maintain adequate hydration by increasing the amount of non-caffeinated beverages you drink daily
- Avoid alcohol as it will increase the risk of side effects
- If you miss a dose, take it as soon as you remember

### Please tell your doctor if you take any of these medications:

- Tranquilizers (Xanax, Valium, benzodiazepine, Ativan, Klonopin)
- Barbiturates (Mebaral, Nembutal)
- MAO inhibitors (Parnate, tranylcypromine, Nardil, phenelzine)