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 you 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 (Mebetal, Nembutal)
- MAO inhibitors (Parnate, tranylcypromine, Nardil, phenelzine)

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