

WHO CAN YOU CONTACT FOR FURTHER INFORMATION?

Please speak to your Stoma Nurse if you have any questions or concerns with your ileostomy output, diet, medication, stoma care and products.

The information in this leaflet is for guidance only and does not replace healthcare professional assessment and advice.

If you require this leaflet in a different language or format, please contact Medilink®

For Medilink® supplies, please contact:



FREEPHONE 0800 626388 (UK only)



orders@saltsmedilink.co.uk



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Taking loperamide

HELPFUL HINTS AND TIPS FOR
PATIENTS WITH AN ILEOSTOMY



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WHAT IS LOPERAMIDE?

Loperamide is one of a group of drugs called 'anti-diarrhoeals'. These drugs are designed to thicken your stool and slow down the output of stool from an ileostomy.

When loperamide is used in this way, it is being used 'off-label.' This means that the information in the manufacturer's leaflet will not include information relating to an ileostomy.

HOW DOES IT WORK?

Loperamide works by slowing down the passage of food through the small bowel/gut. The longer the food takes to pass through the gut, the more time there is for water to be absorbed through the gut wall. The stools are then thicker and have more of a 'porridge like' consistency. This may help to prevent dehydration and leakage of liquid stool under your pouch adhesive.

HOW DO I TAKE LOPERAMIDE?

Loperamide is most commonly available as a capsule or tablet,

though it can also be made available in other forms. We advise people with an ileostomy to take tablets rather than capsules, if possible. The coating of capsules can prevent the loperamide being absorbed by the small bowel, and so it may be less effective at slowing down and thickening the ileostomy output.*

**1 tablet or capsule
= 2mg of loperamide**

**1 'melt'
(which dissolves in the mouth)
= 2mg of loperamide**

**5ml tsp of 'syrup' (oral solution)
= 1mg of loperamide**

PLEASE NOTE

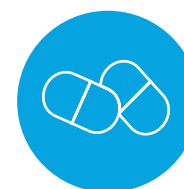
Syrup is not often given to those with an ileostomy as it includes sorbitol, which is a laxative.

It is important to take the loperamide approximately half an hour before eating meals, to slow down gut activity before the food actually reaches the gut. It is less effective if taken after meals.

WHAT DOSE DO I TAKE?

A suggested starting dose of loperamide will have been discussed with you by your Stoma Nurse or GP.

It is most common to begin on a low dose and build it up over a few days, so that you can judge how your



body is responding as some people need more – or less – loperamide than others. This may require some experimenting to find the correct dose to help control your ileostomy output, without making it too thick.

If you do not take enough loperamide, your output will remain a high quantity and a thin consistency.

**Please do not exceed 16mg
of loperamide in 24 hours
(i.e. 8 tablets or 16 teaspoons)**

However, your consultant may sometimes recommend higher doses of loperamide for a consistently high and liquid output.

If required, we can assist in explaining the need for a high-dose prescription to your GP.

DON'T FORGET

Some foods can help thicken your stool, too. For example:

- Jelly-based products (e.g. Jelly Babies and marshmallows)
- Ripe bananas
- White pasta
- White bread
- Apple sauce
- Semolina



If your stoma stops passing stool, or you are feeling nauseous, vomiting or have abdominal pain, please contact your Stoma Nurse, GP or call NHS 111.

**If you are unable to obtain tablets, liquids or melts, please take capsules as prescribed.*