



Information for
patients and
carers

Loperamide

For patients with a stoma

Introduction

Individuals with a stoma resulting from a jejunostomy, ileostomy or colostomy can experience a high volume of output from the stoma. This can cause a leak or loss in electrolytes or salts required by the body (sodium, magnesium, potassium). These problems can be managed in a number of ways, including the use of an anti-diarrhoeal medicine, such as loperamide.

What is loperamide?

Loperamide belongs to a group of medicines called anti-diarrhoeals. These drugs slow down the bowel and help to thicken and firm up stools which prevents diarrhoea. This will reduce the output from your stoma.

What dose do I take?

Your starting dose will have been discussed by a member of the clinical team and your dose may vary. Sometimes it may take time to find the correct dose which will control your stoma output without making it too thick. The more you take, the thicker your stoma output will become. If you take too much, it may make you constipated. If you take too little, your stoma output will remain loose and watery. It is common to start on a low dose and gradually increase to find the right balance.

It is best to take loperamide 30 minutes before a meal. This will help slow down the usual gut activity that is stimulated by eating.

The medicine starts to work within half an hour and is effective for 8 to 12 hours. If you have been advised to take loperamide four times a day, it is best to take your doses before meals and last thing at night. Taking a dose at night may help with early morning frequency.

Contact details

Should you require further advice or information please contact the Stoma Care Specialist Nurses; 01772 522371.

Sources of further information

www.lancsteachinghospitals.nhs.uk

www.nhs.uk

www.accessable.co.uk

www.patient.co.uk

All our patient information leaflets are available on our website for patients to access and download:

www.lancsteachinghospitals.nhs.uk/patient-information-leaflets

Lancashire Teaching Hospitals NHS Foundation Trust is not responsible for the content of external internet sites.

Lancashire Teaching Hospitals is a smoke-free site. Smoking is not permitted anywhere on any of our premises, either inside or outside the buildings. Our staff will ask you about your smoking status when you come to hospital and will offer you support and advice about stopping smoking this will include Nicotine Replacement Therapy to help manage your symptoms of withdrawal and the opportunity to speak to a nurse or advisor from the specialist Tobacco and Alcohol Care Team.

If you want to stop smoking, you can also contact the Quit Squad Freephone 0800 328 6297.

Please ask if you would like help in understanding this information. This information can be made available in large print and in other languages.

Gujarati:

આ માહિતીને સમજવામાં સહાયતા જોઈતી હોય તો કૃપાકરીને પૂછો. આ માહિતી મોટા છપાણામાં અને અન્ય ભાષામાં ઉપલબ્ધ કરી શકાય છે.

Romanian:

Vă rugăm să întrebați dacă aveți nevoie de ajutor pentru înțelegerea acestor informații. Aceste informații pot fi puse la dispoziție în format mare și în alte limbi.”

Polish:

Poinformuj nas, jeśli potrzebna jest ci pomoc w zrozumieniu tych informacji. Informacje te można również udostępnić dużym drukiem oraz w innych językach

Punjabi:

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਸਮਝਣ ਵੱਲ ਮਦਦ ਲੈਣੀ ਚਾਹੋਗੇ ਤਾਂ ਕਰਿਯਾ ਕਰਕੇ ਇਸ ਬਾਰੇ ਪੁੱਛੋ। ਇਹ ਜਾਣਕਾਰੀ ਵੱਡੇ ਪ੍ਰਿੰਟ ਅਤੇ ਹੋਰਨਾਂ ਭਾਸ਼ਾਵਾਂ ਵੱਲ ਮੁਹੱਈਆ ਕੀਤੀ ਜਾ ਸਕਦੀ ਹੈ।

Urdu:

دوسری زبانوں اور ریڈی ایگر آپ کو ہی معلومات سمجھنے کے لیے مدد کی ضرورت ہے تو
یچھپا جس یبھی دست ہو یسکت ہے براے مہر یبان پوے یچھدی۔ معلومات

Arabic:

مطبوعه بأحرف كبيرة وبلغات إذا كنت تريد مساعدة في فهم هذه المعلومات يُرجى أن تطلب
أخرى يمكن توفير هذه المعلومات

Department: Pharmacy Department

Division: Surgery

Production date: February 2023

Review date: February 2025

JR 929 v1