

DIAMIDE RELIEF

Loperamide hydrochloride 2 mg capsules



What is in this leaflet

This leaflet answers some common questions about DIAMIDE RELIEF. It does not contain all the information available on this medicine. It does not take the place of talking to your doctor or pharmacist. All medicines have risks and benefits. Your doctor has weighed the risks of using DIAMIDE RELIEF against the benefits expected it will have for you. If you have any concerns about using this medicine, ask your doctor or pharmacist. Keep this leaflet. You may want to read it again.

What DIAMIDE RELIEF is used for and how it works

Your DIAMIDE RELIEF capsules contain the active ingredient loperamide hydrochloride. It works by increasing gut transit time so that food takes longer to pass through the gastrointestinal tract. This allows the bowel time to absorb water and produce a more solid stool.

DIAMIDE RELIEF is used to treat patients with sudden (acute) or long-lasting (chronic) diarrhoea. It is also used to treat diarrhoea in people with an ileostomy or colostomy (part of the intestines removed by surgery).

Your doctor may, however, prescribe DIAMIDE RELIEF for another reason. Ask your doctor if you have any questions about why DIAMIDE RELIEF has been prescribed for you.

Before you take DIAMIDE RELIEF

When you must not take it

Do not take DIAMIDE RELIEF if:

- **You are allergic to loperamide hydrochloride or any other ingredients listed at the end of this leaflet**
- **You are constipated**
- **You have severe diarrhoea with blood in the stools**
- **You have severe diarrhoea and fever**
- **You have a certain type of bowel problem, such as ulcerative colitis (a type of inflammatory bowel disease)**

Symptoms of an allergic reaction may include shortness of breath, wheezing or difficulty breathing, swelling of the face, lips, tongue or other parts of the body; rash, itching or hives on the skin.

Before you take it

Tell your doctor or pharmacist if you have allergies to any other medicines, foods, preservatives or dyes.

Tell your doctor or pharmacist if you have any other health problems, including liver problems, AIDS, glaucoma, and bowel or urinary problems.

Tell your doctor or pharmacist if you are pregnant, plan to become pregnant, or are breastfeeding.

Taking other medicines

If you are taking any other medicines, including any you get without a prescription from a pharmacy, supermarket or health

food shop, tell your doctor or pharmacist.

Medicines that may interfere with DIAMIDE RELIEF include:

- Monoamine oxidase inhibitors (type of antidepressant), such as Tranylcypromine
- Tranquilisers
- Alcohol
- Quinidine
- Ritonavir

These medicines may be affected by DIAMIDE RELIEF or may affect how well it works. You may need different amounts of your medicines, or you may need to take different medicines.

Your doctor or pharmacist has more information on medicines to be careful with or avoid while taking DIAMIDE RELIEF.

How to take DIAMIDE RELIEF properly

How much to take

Your doctor will tell you how much DIAMIDE RELIEF you need to take each day. It is important that you take DIAMIDE RELIEF as directed by your doctor. Do not take more than the recommended dose.

In adults, including children over 12 years of age, with sudden (acute) diarrhoea, the usual dosage of DIAMIDE RELIEF is 2 capsules, followed by 1 capsule after every subsequent loose stool.

In adults, including children over 12 years of age, with long-lasting (chronic) diarrhoea, the initial dosage of DIAMIDE RELIEF is 2 capsules daily. This initial dosage will be adjusted until 1 to 2 solid stools a day are obtained, which is

usually achieved with a dose within the range of 1 to 6 capsules daily.

The total daily dose in both instances should not exceed 8 capsules.

The use of DIAMIDE RELIEF is not recommended for use in children under the age of 12.

If you forget a dose

If you forget a dose, just take the next dose when it is due. Do not take more than one dose at a time to make up for missed doses.

While you are taking DIAMIDE RELIEF

Tell all doctors, dentists and pharmacists who are treating you that you are taking DIAMIDE RELIEF.

Tell your doctor or pharmacist that you are taking DIAMIDE RELIEF before you start any new medicine.

Tell your doctor if you develop a skin rash or hives, or you become pregnant while taking DIAMIDE RELIEF.

If you are going to have surgery, tell the surgeon or anaesthetist that you are taking DIAMIDE RELIEF.

If you are going to have any blood tests, tell your doctor that you are taking DIAMIDE RELIEF.

Do not take DIAMIDE RELIEF to treat any other complaints unless your doctor tells you to.

Do not stop taking DIAMIDE RELIEF or lower the dose without first checking with your doctor.

Do not give this medicine to anyone else, even if his or her symptoms seem similar to yours.

If there is no improvement after taking DIAMIDE RELIEF for 48 hours, tell your doctor.

DIAMIDE RELIEF does not affect alertness but if you are suffering from tiredness, dizziness or drowsiness, it is preferable to

avoid driving a car or operating machinery.

Side effects

Tell your pharmacist or doctor as soon as possible if you do not feel well while you are taking DIAMIDE RELIEF.

All medicines can have some unwanted effects. Sometimes they are serious, most of the time they are not. You may need medical treatment if you get some of the side effects.

Tell your doctor or pharmacist if you notice any of the following and they worry you:

- Skin rash, stomach pain, constipation
- Nausea, vomiting
- Stomach bloating
- Tiredness, drowsiness, dizziness
- Dry mouth

Tell your doctor or pharmacist as soon as possible if you have any of the following:

- Skin rash or itching
- Shortness of breath, wheezing or difficulty breathing
- Swelling of the face, lips, tongue or other parts of the body

These are the more common side effects of loperamide hydrochloride.

The list of side effects mentioned above is not complete. If you should suffer from any of these side effects or any other undesired effect please tell your doctor or pharmacist.

Do not be alarmed by this list of possible side effects. You may not experience any of them.

In case of overdose

You should only take the number of capsules that you have been told.

Immediately contact your doctor or the National Poisons Information Centre (0800 POISON or 0800 764 766) or go to the Emergency department at your

nearest hospital, if you think that you may have taken too much, or if anyone else has taken any DIAMIDE RELIEF by mistake. Do this even if there are no signs of discomfort or poisoning. You may need urgent medical attention. Take the container of DIAMIDE RELIEF with you if you can.

Keep telephone numbers for these places handy.

Storage conditions

Do not take this medicine after the expiry date shown on the label or if the packaging shows signs of tampering.

Keep your DIAMIDE RELIEF capsules in the container until it is time to take them.

Store below 25°C and out of reach of children. Avoid exposure to heat, light and moisture.

Do not store DIAMIDE RELIEF, or any other medicine, in the bathroom or near a sink.

Disposal

If your doctor tells you to stop taking DIAMIDE RELIEF or if the capsules have passed the expiry date, ask your pharmacist what to do with the remaining medicine.

Product Description

What DIAMIDE RELIEF capsules look like

DIAMIDE RELIEF 2mg capsules are half grey and half green capsules and are filled with a white powder.

Each DIAMIDE RELIEF capsule contains the active ingredient, loperamide hydrochloride.

Each DIAMIDE RELIEF capsule also contains lactose. The capsule shell contains gelatin, titanium dioxide, sunset yellow, brilliant scarlet, brilliant blue and quinoline yellow.

If you want to know more

Should you have any questions regarding this product, please contact your doctor or pharmacist.

Who supplies this medicine

Distributed in New Zealand by:

Mylan New Zealand Ltd,
P O Box 11183,
Ellerslie,
Auckland.

Telephone: (09) 579 2792

Date of information

17 August 2010
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