What is in this leaflet

This leaflet answers some common questions about DIAMIDE RELIEF. It does not contain all the available information. 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 you taking DIAMIDE RELIEF against the benefits they expect it will have for you.

If you have any concerns about taking this medicine, ask your doctor or pharmacist.

Keep this leaflet with the medicine. You may need to read it again.

What DIAMIDE RELIEF is used for

DIAMIDE RELIEF is available only with a doctor’s prescription.

Before you take DIAMIDE RELIEF

When you must not take it:

Do not take DIAMIDE RELIEF if:

- you are constipated
- you have severe diarrhoea with blood in the stools and fever
- you have ulcerative colitis (a type of inflammatory bowel disease)
- you have an infection of the bowel.

Do not take DIAMIDE RELIEF if you have an allergy to:

- any medicine containing loperamide hydrochloride
- any of the ingredients listed at the end of this leaflet.

Some of the 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.

Do not give this medicine to a child under the age of 12 years. Safety and effectiveness in children younger than 12 years have not been established.

Do not take this medicine after the expiry date printed on the pack or if the packaging is torn or shows signs of tampering. If it has expired or is damaged, return it to your pharmacist for disposal.

Taking other medicines

Tell your doctor or pharmacist if you are taking any other medicines, including any that you get without a prescription from your pharmacy, supermarket or health food shop.

Some medicines and DIAMIDE RELIEF may interfere with each other. These include:

- monoamine oxidase inhibitors (type of antidepressant), such as Tranylcypromine
- tranquillisers
- alcohol
- quinidine
- ritonavir
- itraconazole
- gemfibrozil
- ketoconazole
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 and pharmacist have more information on medicines to be careful with or avoid while taking this medicine.

**How to take DIAMIDE RELIEF**

Follow all directions given to you by your doctor or pharmacist carefully. They may differ from the information contained in this leaflet.

If you do not understand the instructions on the box, ask your doctor or pharmacist for help.

**How much to take**

Your doctor or pharmacist will tell you how much DIAMIDE RELIEF you need to take each day. It is important that you take DIAMIDE RELIEF as directed by them. 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.

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

**How to take it**

Swallow the capsules whole with a full glass of water.

**When to take it**

Take your medicine at about the same time each day. Taking it at the same time each day will have the best effect. It will also help you remember when to take it.

It does not matter if you take this medicine before or after food.

**How long to take it**

For sudden (acute) diarrhoea, see your doctor if diarrhoea persists for more than 48 hours.

For long-lasting (chronic) diarrhoea, continue taking your medicine for as long as your doctor tells you.

**If you forget to take it**

If you forget a dose, just take the next dose when it is due.

Do not take a double dose to make up for the dose that you missed.

If you are not sure what to do, ask your doctor or pharmacist.

**If you take too much (overdose)**

Immediately telephone your doctor or the National Poisons Information Centre (0800 POISON or 0800 764 766) for advice, or go to Accident and Emergency at the nearest hospital, if you think that you or anyone else may have taken too much DIAMIDE RELIEF. Do this even if there are no signs of discomfort or poisoning. You may need urgent medical attention. Take the pack of DIAMIDE RELIEF with you if you can.

**While you are taking DIAMIDE RELIEF**

**Things you must do**

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

If you are about to be started on any new medicine, remind your doctor and pharmacist that you are taking DIAMIDE RELIEF.

Tell any other doctors, dentists, and pharmacists who treat you that you are taking this medicine.

If you are going to have surgery, tell the surgeon or anaesthetist that you are taking this medicine. It may affect other medicines used during surgery.

If you become pregnant while taking this medicine, tell your doctor immediately.

If you are about to have any blood tests, tell your doctor that you are taking this medicine. It may interfere with the results of some tests.

Keep all of your doctor’s appointments so that your progress can be checked. Your doctor may do some tests from time to time to make sure the medicine is working and to prevent unwanted side effects.

**Things you must not do**

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

Do not give your medicine to anyone else, even if they have the same condition as you.

Do not stop taking your medicine or lower the dosage without checking with your doctor.

**Things to be careful of**

Be careful driving or operating machinery until you know how DIAMIDE RELIEF affects you. This medicine may cause dizziness, tiredness and drowsiness in some people. If you have any of these symptoms, do not drive, operate machinery or do anything else that could be dangerous.

Be careful when drinking alcohol while you are taking this medicine. If you drink alcohol, symptoms such as dizziness may be worse.
Side effects
Tell your doctor or pharmacist as soon as possible if you do not feel well while you are taking DIAMIDE RELIEF.

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

Do not be alarmed by the following lists of side effects. You may not experience any of them.

Ask your doctor or pharmacist to answer any questions you may have.

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

- constipation
- stomach pain, bloating or cramps
- flatulence
- nausea, vomiting
- tiredness, drowsiness, dizziness
- headache
- dry mouth.

The above list includes the more common side effects of your medicine. They are usually mild and short-lived.

If any of the following happen, tell your doctor immediately or go to Accident and Emergency at your nearest hospital:

- skin rash or itching
- shortness of breath, wheezing or difficulty breathing
- swelling of the face, lips, tongue or other parts of the body.

The above list includes very serious side effects. You may need urgent medical attention or hospitalisation.

Tell your doctor or pharmacist if you notice anything that is making you feel unwell. Other side effects not listed above may also occur in some people.

After using DIAMIDE RELIEF

Storage
Keep your capsules in the pack until it is time to take them. If you take the capsules out of the pack they may not keep well.

Keep your capsules in a cool dry place where the temperature stays below 25°C.

Do not store DIAMIDE RELIEF or any other medicine in the bathroom or near a sink. Do not leave it on a window sill or in the car. Heat and dampness can destroy some medicines.

Keep it where children cannot reach it.
A locked cupboard at least one-and-a half metres above the ground is a good place to store medicines.

Disposal
If your doctor tells you to stop taking this medicine or the expiry date has passed, ask your pharmacist what to do with any medicine that is left over.

Product description

What it looks like
DIAMIDE RELIEF capsules are half grey and half green capsules.

DIAMIDE RELIEF is available in blister packs containing 400 capsules.

Ingredients
DIAMIDE RELIEF contains 2 mg of loperamide hydrochloride as the active ingredient.

It also contains:
- lactose.

The capsule shell contains:
- gelatin
- titanium dioxide
- sunset yellow
- brilliant scarlet
- brilliant blue
- quinoline yellow.

This medicine does not contain gluten.

If you want to know more

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

Who supplies this medicine
Distributed in New Zealand by:
Mylan New Zealand Ltd,
PO Box 11183,
Ellerslie,
Auckland.

Telephone: (09) 579 2792

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