NEW ZEALAND CONSUMER MEDICINE INFORMATION

NŌDIA
Loperamide hydrochloride 2 mg tablets

What is this leaflet?
This leaflet answers some common questions about NŌDIA. 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 or pharmacist has weighed the risks of you taking NŌDIA against the benefits it can offer you.

If you have any concerns about using NŌDIA, ask your doctor or pharmacist.

Keep this leaflet with your medicine. You may want to read it again.

What NŌDIA is used for and how it works
NŌDIA tablets contain loperamide hydrochloride, a medicine that makes the stools more solid and less frequent. It does this by restoring the muscle contractions of the intestine to normal. This allows the bowel time to absorb water and produce a more solid stool.

NŌDIA, in this 8 tablet pack, is used to treat sudden (acute) diarrhoea.

NŌDIA is also prescribed by doctors to treat long-lasting (chronic) diarrhoea or diarrhoea in patients who have had part of their intestines removed by surgery (intestinal resection).

Before you take NŌDIA
When you must not take it
Do not take NŌDIA if:
- you have an allergy to loperamide hydrochloride or any of the other ingredients listed at the end of this leaflet
- you are constipated or have to avoid being constipated
- you have severe diarrhoea with blood in the stools or a fever
- your doctor has diagnosed an inflammation of the lower bowel such as ulcerative colitis or antibiotic associated pseudomembranous colitis
- you are breast-feeding

- the packaging is torn or shows signs of tampering.

Do not take NŌDIA after the expiry or use-by date printed on the pack. Medicines may not be effective if taken after their expiry date.

Do not give NŌDIA to children under the age of 12 years.

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

Also tell your doctor or pharmacist if you:
- are pregnant or are planning to become pregnant
- are breastfeeding.
- have or have ever had liver disease
- have kidney disease
- have AIDS (Acquired Immune Deficiency Syndrome)
- have glaucoma (high pressure in the eye)
- have bladder problems
- regularly drink a lot of alcohol.

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

In particular, tell your doctor or pharmacist if you are taking any of the following:
- sleeping pills or medicines to treat anxiety and nervousness
- medicines to treat depression
- medicines that slow down the action of the stomach and intestines

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

How to take NŌDIA
How much to take
Your doctor or pharmacist will tell you how much NŌDIA you need to take each day. It is important that you take NŌDIA as directed. Do not take more than the recommended dose.

Sudden (acute) diarrhoea
For adults and children over 12 years of age, the usual dose is 2 NŌDIA tablets initially, followed by 1 tablet after each loose unformed stool, as needed.

Your doctor or pharmacist may set a different dose for you.

Do not take more than 8 tablets (or the contents of this pack) in one day. Do not take NŌDIA for more than 24 hours without seeking advice from a healthcare practitioner.

NŌDIA will usually stop the symptoms of diarrhoea within 48 hours. If it does not, stop taking the medicine and see your doctor.

If you forget a dose
If you forget to take NŌDIA, just take the next dose when you remember or after your next unformed stool. Do not take a double dose to make up for the one you missed. If you are not sure what to do, check with your doctor or pharmacist.

If you have taken too much (overdose)
Immediately contact your doctor or the National Poisons Information Centre for advice, 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 NŌDIA by mistake. Do this even if there are no signs of discomfort or poisoning. You may need urgent medical attention. Take the pack of NŌDIA with you, if you can.

National Poisons Information Centre telephone number is 0800 POISON or 0800 764 766. Keep this telephone number handy in case of an emergency.
If you take too much NÖDIA, you may have any of the following symptoms: sleepiness, nausea and vomiting, constipation, difficulty passing urine, weak breathing, muscle stiffness and uncoordinated movements.

Children are more sensitive than adults to medicines such as NÖDIA. An accidental overdose is especially dangerous. Make sure NÖDIA is kept out of reach of children.

**While you are taking NÖDIA**

**Things you must do**

Tell all doctors, dentists and pharmacists who are treating you that you are taking NÖDIA. If you are going to have surgery, tell the surgeon or anaesthetist that you are taking NÖDIA.

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

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

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

Drink plenty of fluids to avoid dehydration. A drink prepared from an ENERLYTE sachet provides a convenient source of electrolytes and glucose to help prevent dehydration.

Alongside the use of NÖDIA, attention to personal hygiene is very important. In particular, thorough hand washing reduces the spread of the organisms causing the diarrhoea.

If there is no improvement in your symptoms after taking NÖDIA for 48 hours, tell your doctor.

**Things you must not do**

Do not take more than 8 tablets (or the contents of this pack) in one day.

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

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

Having diarrhoea may put others around you at risk. Check with your employer, school or university if attendance is necessary.

**Things to be careful of**

NÖDIA does not affect alertness but if the diarrhoea is causing tiredness, dizziness or drowsiness, it is preferable to avoid driving a car or operating machinery.

**Storage**

Keep your NÖDIA tablets in the carton until it is time to take them.

Store NÖDIA tablets in a cool dry place where the temperature stays below 25°C. Avoid exposure to heat, light and moisture.

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

Do not leave medicines in the car or on window sills. Heat and dampness can destroy some medicines.

Keep all medicines where children cannot reach them. A locked cupboard at least 1.5 metres above the floor is a good place to store medicines.

**Side effects**

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:

- nausea or vomiting
- constipation
- dry mouth or bad taste
- headache
- stomach pain or bloating
- difficulty passing urine
- tiredness
- drowsiness or dizziness

These are the more common side effects and are usually mild.

Tell your doctor immediately and do not take your next dose of NÖDIA if you experience:

- asthma, wheezing or shortness of breath
- swelling of the face, lips, or tongue which may cause difficulty in swallowing or breathing

- sudden or severe blisters, itching, skin rash, hives, flaking or peeling of the skin
- loss of or depressed level of consciousness

These are serious side effects. You may need urgent medical attention. Serious side effects are rare.

Other side effects not listed above may also occur in some people. Tell your doctor or pharmacist as soon as possible if you feel unwell while you are taking NÖDIA or when you have finished the treatment.

Do not be alarmed by this list of possible side effects. You may not experience any of them. Ask your doctor or pharmacist if you do not understand anything in this list.

**After using NÖDIA**

**Disposal**

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

**Product description**

**What NÖDIA tablets look like**

NÖDIA 2mg tablets are small light-green-coloured, capsule-shaped tablets, plain on one side and with a break line on the other.

Each NÖDIA tablet contains the active ingredient, loperamide hydrochloride.

Each NÖDIA tablet also contains lactose, maize starch, sodium starch glycollate, povidone, silicon dioxide, talc, magnesium stearate, food colours 133 and 104.

NÖDIA 2mg tablets are available in blister packs of 8 (General Sales) and 16 tablets (Pharmacy).

**If you want to know more**

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

**Distributor**

Distributed in New Zealand by: Multichem NZ Ltd
Private Bag 93527 Takapuna, Auckland.
Telephone: (09) 488 0330

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