

Managing Diarrhea: Time for Medications

Sometimes diet alone will not always work, so you may have over-the-counter medications suggested, or some medications that your doctor will need to order. Again, it is very important to keep eating and drinking to maintain your weight and avoid dehydration.

Once you have talked to your doctor or nurse, these are some of the options you may be given. If your doctor wants you to take:

Over the Counter Medications

Imodium is an over-the-counter medicine that can be effective in treating diarrhea. Here is how to take it:

- Strength: You can take either AD caplets (2 mg per caplet) or liquid (1 mg per teaspoon).
- The first dose you take should be 4 mg (2 caplets, or 4 teaspoons of liquid).
- After each loose stool, your next dose should be 2 mg (1 caplet, or 2 teaspoons of liquid).
- Continue the diet changes from your first handout for diarrhea.
- **Do not** take more than 16 mg a day (8 caplets, or 16 teaspoons of liquid).
- **Do not** continue to take Imodium after loose stool stops, as there is a risk of developing constipation.

Prescription medications

Lomotil is a prescription diarrhea medication.

Here is how to take it:

- Strength: You can take either liquid (2 mg per teaspoon) or tablet (2 mg per tablet).
- The first dose you take should be 4 mg (2 tablets, or 2 teaspoons of liquid).
- After each loose stool, your next dose should be 2 mg (1 tablet, or 1 teaspoon of liquid).
- Do not take more than 16 mg a day (8 tablets, or 8 teaspoons of liquid).
- Do not continue to take Lomotil after loose stool stops, as there is a risk of developing constipation.
- Continue the diet changes from your first handout for diarrhea.

Notify your doctor or nurse if these medications do not control your diarrhea.