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اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔

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Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

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# Ileostomy: Taking Loperamide

## Stoma Care, General Surgery



# Ileostomy: Taking Loperamide

## What is Loperamide?

Loperamide is one of a group of drugs called anti-diarrhoeals. These drugs are designed to thicken your stools and so reduce output from your stoma. It will also firm up slightly soft stools.

## How does it work?

Loperamide works by slowing down the passage of food through the gut. The longer food takes to pass through the gut the more time there is for water and nutrients to be absorbed through the gut wall.

## What dose do I take?

A suggested starting dose of Loperamide will have been discussed with you by your stoma nurse or doctor. A starting dose may be 4mgs two/four times a day. If you are having a meal take Loperamide approximately 45 minutes before eating and last thing at night. If you are not planning to eat, take the dose anyway as directed. It sometimes needs some experimentation to find the dose that will control your output; if you take more than you need your stool may become too firm, if you do not take enough your output will remain loose. You are aiming to have an output from your stoma which is a 'porridge' consistency.

You will be prescribed Loperamide in tablet form (Norimode or Betaperamide), and it is important that the pharmacist dispenses the medication in this form and **not** as capsules.

## Contact Numbers for Stoma Nurses

Direct line (answerphone): **01932 722636 / 723709**

St. Peter's switchboard: **01932 872000** and ask the operator to page us on the following numbers:

Sarah James-Reid	<b>8857</b>
Carol Katté	<b>8464</b>
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## Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Advice and Liaison Service (PALS) on 01932 723553 or email [pals@asph.nhs.uk](mailto:pals@asph.nhs.uk). If you remain concerned, PALS can also advise upon how to make a formal complaint.

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