



Imodium[®]

INSTANTS

loperamide

- This medicine is used to treat sudden short-lived (acute) attacks of diarrhoea in adults and children aged 12 years and over. It can also be used to treat diarrhoea associated with Irritable Bowel Syndrome (IBS) in adults aged 18 years and over after your doctor has diagnosed you are suffering from this condition.
- **Do not take this medicine:**
 - There are some people who should not use this medicine. *To find out if you are one of them. See Section 2 ▶*
 - If you have ever had a **bad reaction** to any of the ingredients. *For the list of ingredients. See Section 6 ▶*
- **Speak to your doctor:**
 - If you suffer from any of the conditions mentioned in *Section 2 ▶*
 - If you are taking any **other medicines**. See *Section 2 ▶*
- **Follow the dosage instructions carefully.** These are shown in the dosage table. See *Section 3 ▶*

Now read this whole leaflet carefully before you use this medicine.
Keep the leaflet: you might need it again.

1 What the medicine is for

Imodium Instants is a medicine which is used to treat sudden short-lived (acute) attacks of diarrhoea in adults and children aged 12 years and over. It can also be used to treat diarrhoea associated with Irritable Bowel Syndrome (IBS) in adults aged 18 years and over after your doctor has diagnosed you are suffering from this condition. The tablets contain loperamide hydrochloride which helps reduce diarrhoea by slowing down an overactive bowel, which helps the body to absorb water and salts from the bowel.

2 Before taking this medicine

This medicine is suitable for most people, but a few people should not use it. If you are in any doubt, talk to your doctor or pharmacist.

X Do not take this medicine...

- If you have ever had a **bad reaction** to any of the ingredients.
- If it is for a **child under 12 years old**.
- If you have **severe diarrhoea** after taking antibiotics.
- If you are having a flare up of an **inflammatory bowel** condition like **ulcerative colitis**.
- If you are **constipated** or your **stomach appears swollen** (particularly in children with severe dehydration).
- If you have **acute dysentery**, the symptoms of which may include **blood in your stools and a high temperature**.

If any of these apply to you, **get advice from a doctor or pharmacist without taking Imodium Instants.**

! Talk to your doctor or pharmacist...

- If you have **AIDS** and your **stomach becomes swollen**, stop taking the tablets immediately and contact your doctor.
- If you suffer from **liver disease**.
- If your diarrhoea lasts for **more than 24 hours** (or **2 weeks** if your diarrhoea is related to IBS).
- If you have **severe diarrhoea** as your body loses more fluid, sugars and salts than normal.
- If you are taking any **other medicines**, including:
 - *ritonavir* (used to treat **HIV**) or *quinidine* (used to treat **abnormal heart rhythms** or **malaria**).

If you are unsure about any of the medicines you are taking, show the bottle or pack to your pharmacist.

If any of these bullet points apply to you now or in the past, **talk to a doctor or pharmacist.**

! Special warnings about use in Irritable Bowel Syndrome

- If you are 40 years or over and it is some time since your last attack of IBS or the symptoms are different this time.
- If you have recently passed blood from the bowel.
- If you suffer from severe constipation.
- If you are feeling sick or vomiting.

- If you have lost your appetite or lost weight.
- If you have difficulty or pain passing urine.
- If you have a fever.
- If you have recently travelled abroad.

If any of the above now apply, do not use the product without first consulting your doctor, even if you know you have IBS.

Consult your doctor if you develop new symptoms, if your symptoms worsen, or your symptoms have not improved over two weeks.

! If you are pregnant or breast-feeding

- Ask your doctor or pharmacist for advice before taking this medicine if you are pregnant, think you are pregnant or planning to become pregnant.
- Do not take this medicine if you are breast-feeding as small amounts may get into your milk. Talk to your doctor about a suitable treatment.

! Special warnings about this medicine

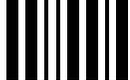
- This medicine may make you feel dizzy, tired or sleepy. If affected do not drive or operate machinery.
- Imodium Instants only treat the symptoms of diarrhoea. When you have diarrhoea, your body can lose large amounts of fluids and salts. You will need to replace the fluid by drinking more liquid than usual. Ask your pharmacist about special powders (known as **oral rehydration therapy**) which replace fluids and salts lost during diarrhoea. The prevention of fluid depletion (dehydration) is of particular importance in infants, children and frail and elderly people with acute diarrhoea.
- You can use Imodium Instants for diarrhoea associated with IBS which has been diagnosed by your doctor. If your symptoms change or you are concerned about anything you should talk to your doctor.
- If your IBS related diarrhoea continues for longer than 2 weeks you should talk to your doctor.

! Some of the ingredients can cause problems

- Aspartame (E951) contains a source of phenylalanine which may be harmful for people with phenylketonuria.

turn over ▶





3 How to take this medicine

Check the tables below to see how much medicine to take.

- Peel back the lid and tip the tablet out. Do not push the tablets through the lid.
- Place the correct number of tablets on the tongue. The tablets dissolve quickly in your mouth, so you don't need water to swallow them. Do not chew.
- For oral use only.
- Do not use more than the stated dose shown in the tables.

i Children under 12 years old

This medicine is not recommended for children under 12 years old.

i Adults and children 12 years and over

To treat sudden short-lived (acute) diarrhoea:

Age	Dose
Adults and children aged 12 years and over	Take two tablets initially, followed by one tablet after each loose bowel movement.

- Do not take more than 6 tablets in any 24 hour period.
- If symptoms persist for more than 24 hours talk to your doctor.

i Adults aged 18 years and over

To treat diarrhoea associated with Irritable Bowel Syndrome already diagnosed by a doctor:

Age	Dose
Adults aged 18 years and over	Take two tablets initially, followed if required, by 1 tablet after every further loose bowel movement, or as advised previously by your doctor.

- Do not take more than 6 tablets in any 24 hour period.
- If your symptoms change, or if your diarrhoea persists for more than 2 weeks, talk to your doctor.

! If anyone takes too much of this medicine

If anyone takes too many Imodium Instants tablets, contact your doctor or nearest Accident and Emergency department (Casualty) taking this leaflet with you.

! If you forget to take the medicine

You should only take this medicine as required following the dosage instructions above carefully. If you forget to take a dose, take a dose after the next loose stool (bowel movement). **Do not** take a double dose.

4 Possible side-effects

Imodium Instants can have side-effects, like all medicines, although these don't affect everyone and are usually mild.

If you experience any of the following, stop using the medicine and seek immediate medical help:

- Very rarely:** (less than 1 in 10,000 people are affected)
- Allergic reactions including unexplained wheezing, shortness of breath, passing out or swelling of face and throat.
 - Skin rashes which may be severe and include blistering or peeling of the skin.
 - Loss of consciousness or reduced level of consciousness.

If you experience any of the following, stop using the medicine and talk to your doctor:

- Very rarely:** (less than 1 in 10,000 people are affected)
- Itchiness or hives.
 - Difficulties passing water.
 - Stomach pain or swollen stomach.
 - Severe constipation.

Other effects which may occur include:

- Very rarely:** (less than 1 in 10,000 people are affected)
- Dizziness or drowsiness.
 - Feeling sick, vomiting, indigestion, constipation or wind.

Other effects reported include:

- Tiredness.
- Dry mouth.

If you experience any side-effects not included in this leaflet or are not sure about anything, **talk to your doctor or pharmacist.**

5 Storing this medicine

Keep the product out of the reach and sight of children.

Store in the original package.

Do not use your medicine after the date shown as the expiry date on the packaging.

6 Further information

What's in this medicine?

The active ingredient in Imodium Instants is: Loperamide hydrochloride 2 mg per tablet.

Other ingredients are: Gelatin, mannitol, aspartame, mint flavour and sodium hydrogen carbonate.

What the medicine looks like

Imodium Instants come in the form of white, orodispersible (dissolve in the mouth) tablets available in packs of 6.

Product Licence holder: McNeil Products Ltd, Maidenhead, Berkshire, SL6 3UG, UK.

Manufacturer: Janssen-Cilag SpA, Via Constant Janssen, Borgo San Michele, Latina, Italy.

This leaflet was revised September 2008.

Imodium is a registered trade mark.



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