



We can provide interpreters for a variety of languages, information in larger print or other formats (e.g. audio) - please call us on 01932 723553.

To use the Text Relay service, prefix all numbers with 18001.

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

ਜੇ ਤੁਹਾਨੂੰ ਤਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ ਤੇ ਫੋਨ ਕਰੋ: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براؤکرم اس فون نمبر 01932 723553 پر رابطہ کریں

Se precisa de uma tradução por favor contacte: 01932 723553

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

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

Ashford Hospital
London Road
Ashford, Middlesex
TW15 3AA
Tel: **01784 884488**

St. Peter's Hospital
Guildford Road
Chertsey, Surrey
KT16 0PZ.
Tel: **01932 872000**

Website: www.ashfordstpeters.nhs.uk

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	8857
Carol Katté	8464
Sally Tyte	8746
Denisa Tobiasova	8854

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 Experience Team on 01932 723553 or email patient.advice@asph.nhs.uk. If you remain concerned, the team can also advise upon how to make a formal complaint.

Author: Sally Tyte

Department: Stoma Care

Version: 3

Published: November 2016

Review: November 2019