

Loperamide Antidiarrheal Protocol

This protocol is appropriate if you are having mild-moderate diarrhea, meaning an increase of 1-6 stools over your normal. If you were taking laxatives for constipation and then got diarrhea, stop the laxatives and **DO NOT** start the loperamide.

If you are having **MORE** than that, or are showing signs of dehydration (urine that is dark yellow or amber instead of clear-pale yellow, weakness, dizziness, thirst) call the clinic.

Make sure you drink plenty of fluids. It is easy to get dehydrated when you have diarrhea. You must drink enough fluids to replace those lost through the diarrhea **in addition** to your usual intake. This may mean 3-4 liters/day. In addition to water, make sure to include fluids that contain some sugar and salt, such as broth, Gatorade, Powerade, or other "sport drinks" that replace electrolytes. (Make sure these do not contain artificial sweeteners and are less than 50 calories.)

Take 2 tablets by mouth at the first sign of diarrhea.

If you DON'T have any more diarrhea, you do not need any more medication.

If you DO have more diarrhea

Take one loperamide after each loose stool up to a maximum of 8 per day.

Camptosar/Irinotecan

If you are on this drug and you have diarrhea that starts >24 hours after your infusion, use loperamide as follows:

Loperamide 4 mg (2 tabs) after the first diarrheal stool. Then take 2mg every two hours until you have not had any bowel movement for 12 hours. (You may take 2 tabs every 4 hours during the night). If you have been taking the loperamide for 24 hours and still have diarrhea, call the clinic.

If you continue to have diarrhea, and it has been 48 hours since you started the loperamide, or if it increases and becomes severe, call your clinic.