### Medicines to Treat Diarrhoea

<table>
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<tr>
<th>Generic name (Active ingredient)</th>
<th>Dosage</th>
<th>Common side effects</th>
<th>Special precautions</th>
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<tr>
<td><strong>Pharmacy Only Medicine</strong></td>
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| Loperamide 2mg                   | **For adults and children > 12 years old:** Take 2 tablets immediately, then 1 tablet after each loose stool; not to exceed 8 tablets/24 h  
**For children aged 2-5 years old:** Take half a tablet after each loose stool; not to exceed 3mg/24 h  
**6-8 years old:** Take 1 tablet after each loose stool; not to exceed 2 tablets/24 h  
**8-12 years old:** Take 1 tablet after each loose stool; not to exceed 3 tablets/24hr | • Constipation  
• Dry mouth  
• Nausea  
• Fatigue  
• Abdominal pain  
Contraindications:  
• Bloody diarrhea  
• Fever | To take 2hr apart if taking charcoal | Pharmacy only |
| Diphenoxylate/Atropine           | **For adults:** Take 2 tablets immediately then 1 tablet after each loose stool; not to exceed : 8 tablets/24h  
**For children:** Not suitable for those under age of 12 | • Dry mouth  
• Blurred vision  
• Sedation  
• Nausea/vomiting  
• Abdominal discomfort | To take 2hr apart if taking charcoal | Pharmacy only |
| Activated charcoal               | **For adults and children:** Take 1-2 tablets 3-4 times a day or until diarrhea stops. | • Black stool  
• Constipation | Space 2hr apart from any other medications and food | Over the counter |
| Dioctahedral smectite (Smecta)   | **For adult and children >2 years of age:** Mix 1 packet with 200ml of water 3-4 times a day or until diarrhea stops.  
For children:  
**<2 years of age:** Mix half a packet with 200ml of water 3-4 times a day or until diarrhea stops | • Constipation | Space 2hr apart from any other medications and antacids | Over the counter |

23 March 2012