

# NEW ZEALAND CONSUMER MEDICINE INFORMATION

## NÖDIA

### *Loperamide hydrochloride 2 mg tablets*

#### What is in this leaflet?

This leaflet answers some common questions about NÖDIA. It does not contain all the available information. It does not take the place of talking to your doctor or pharmacist.

All medicines have risks and benefits. Your doctor or pharmacist has weighed the risks of you taking NÖDIA against the benefits it can offer you.

If you have any concerns about using NÖDIA, ask your doctor or pharmacist.

Keep this leaflet with your medicine. You may want to read it again.

#### What NÖDIA is used for and how it works

NÖDIA tablets contain loperamide hydrochloride, a medicine that makes the stools more solid and less frequent. It does this by restoring the muscle contractions of the intestine to normal. This allows the bowel time to absorb water and produce a more solid stool.

**NÖDIA is used to treat sudden (acute) diarrhoea.**

NÖDIA is also prescribed by doctors to treat long-lasting (chronic) diarrhoea or diarrhoea in patients who have had part of their intestines removed by surgery (intestinal resection).

#### Before you take NÖDIA

##### When you must not take it

Do not take NÖDIA if:

- you have an allergy to loperamide hydrochloride or any of the other ingredients listed at the end of this leaflet
- you are constipated or have to avoid being constipated
- you have severe diarrhoea with blood in the stools or a fever
- your doctor has diagnosed an inflammation of the lower bowel such as ulcerative colitis or antibiotic associated pseudomembranous colitis
- you are breast-feeding

- the packaging is torn or shows signs of tampering.

Do not take NÖDIA after the expiry or use-by date printed on the pack. Medicines may not be effective if taken after their expiry date.

Do not give NÖDIA to children under the age of 12 years.

#### Before you take it

Tell your doctor or pharmacist if you have allergies to any other medicines, foods, preservatives or dyes. Symptoms of an allergic reaction may include shortness of breath, wheezing or difficulty breathing, swelling of the face, lips, tongue or other parts of the body; rash, itching or hives on the skin.

Also tell your doctor or pharmacist if you:

- are pregnant or are planning to become pregnant
- are breastfeeding.
- have or have ever had liver disease
- have kidney disease
- have AIDS (Acquired Immune Deficiency Syndrome)
- have glaucoma (high pressure in the eye)
- have bladder problems
- regularly drink a lot of alcohol.

#### Taking other medicines

Tell your doctor or pharmacist if you are taking any other medicines, including any you have bought without a prescription from a pharmacy, supermarket or health food shop.

In particular, tell your doctor or pharmacist if you are taking any of the following:

- sleeping pills or medicines to treat anxiety and nervousness
- medicines to treat depression
- medicines that slow down the action of the stomach and intestines

Your doctor or pharmacist has more information on medicines to be careful with or avoid while taking NÖDIA.

#### How to take NÖDIA

##### How much to take

Your doctor or pharmacist will tell you how much NÖDIA you need to take each day. It is important that you take NÖDIA as directed. Do not take more than the recommended dose.

##### Sudden (acute) diarrhoea

For adults and children over 12 years of age, the usual dose is 2 NÖDIA tablets initially, followed by 1 tablet after each loose unformed stool, as needed.

Your doctor or pharmacist may set a different dose for you.

Do not take more than 8 tablets in one day. Do not take NÖDIA for more than 24 hours without seeking advice from a healthcare practitioner.

NÖDIA will usually stop the symptoms of diarrhoea within 48 hours. If it does not, stop taking the medicine and see your doctor.

##### If you forget a dose

If you forget to take NÖDIA, just take the next dose when you remember or after your next unformed stool. Do not take a double dose to make up for the one you missed. If you are not sure what to do, check with your doctor or pharmacist.

##### If you have taken too much (overdose)

Immediately contact your doctor or the National Poisons Information Centre for advice, or go to the Emergency department at your nearest hospital, if you think that you may have taken too much, or if anyone else has taken any NÖDIA by mistake. Do this even if there are no signs of discomfort or poisoning. You may need urgent medical attention. Take the pack of NÖDIA with you, if you can.

National Poisons Information Centre telephone number is 0800 POISON or 0800 764 766. Keep this telephone number handy in case of an emergency.

If you take too much NŌDIA, you may have any of the following symptoms: impaired consciousness, constricted pupils, sleepiness, nausea and vomiting, constipation, difficulty passing urine, stomach pain, bloating, cramps, flatulence, weak breathing, muscle stiffness, unco-ordinated movements, disorders of heart rhythm or chest pain.

Children are more sensitive than adults to medicines such as NŌDIA. An accidental overdose is especially dangerous. Make sure NŌDIA is kept out of reach of children.

## While you are taking NŌDIA

### Things you must do

Tell all doctors, dentists and pharmacists who are treating you that you are taking NŌDIA. If you are going to have surgery, tell the surgeon or anaesthetist that you are taking NŌDIA.

Tell your doctor or pharmacist that you are taking NŌDIA before you start any new medicine.

Tell your doctor if you develop a skin rash or hives, or you become pregnant while taking NŌDIA.

If you are going to have any blood tests, tell your doctor that you are taking NŌDIA.

Drink plenty of fluids to avoid dehydration. A drink prepared from an ENERLYTE sachet provides a convenient source of electrolytes and glucose to help prevent dehydration.

Alongside the use of NŌDIA, attention to personal hygiene is very important. Regular hand washing reduces the spread of the organisms causing the diarrhoea.

Ask your employer if your illness may put others in the workplace at risk.

If there is no improvement in your symptoms after taking NŌDIA for 48 hours, tell your doctor.

### Things you must not do

Do not take more than 8 tablets in one day.

Do not take NŌDIA to treat any other complaints unless your doctor tells you to.

Do not give this medicine to anyone else, even if they have the same symptoms as you.

Having diarrhoea may put others around you at risk. Check with your employer, school or university if attendance is necessary.

### Things to be careful of

Be careful driving or operating machinery until you know how NŌDIA affects you. This medicine may cause dizziness, tiredness and drowsiness in some people. If you have any of these symptoms, do not drive, operate machinery or do anything else that could be dangerous. Be careful when drinking alcohol while you are taking this medicine. If you drink alcohol, symptoms such as dizziness may be worse.

### Storage

Keep your NŌDIA tablets in the carton until it is time to take them. Store NŌDIA tablets in a cool dry place where the temperature stays below 25°C. Avoid exposure to heat, light and moisture.

Do not store NŌDIA, or any other medicine, in the bathroom or near a sink. Do not leave medicines in the car or on window sills. Heat and dampness can destroy some medicines.

Keep all medicines where children cannot reach them. A locked cupboard at least 1.5 metres above the floor is a good place to store medicines.

### Side effects

All medicines can have some unwanted effects. Sometimes they are serious, most of the time they are not. You may need medical treatment if you get some of the side effects.

Tell your doctor or pharmacist if you notice any of the following and they worry you:

- nausea or vomiting
- constipation
- flatulence
- dry mouth or bad taste
- headache
- stomach pain or bloating
- difficulty passing urine
- tiredness
- drowsiness or dizziness

- poor control of movements
- constricted pupils

These are the more common side effects and are usually mild.

Tell your doctor immediately and do not take your next dose of NŌDIA if you experience:

- asthma, wheezing or shortness of breath
- swelling of the face, lips, or tongue which may cause difficulty in swallowing or breathing
- sudden or severe blisters, itching, skin rash, hives, flaking or peeling of the skin
- loss of or depressed level of consciousness
- upper abdominal pain, abdominal pain that radiates to the back, tender and swollen abdomen, fever, nausea, vomiting which may be symptoms of acute pancreatitis

These are serious side effects. You may need urgent medical attention. Serious side effects are rare.

Other side effects not listed above may also occur in some people. Tell your doctor or pharmacist as soon as possible if you feel unwell while you are taking NŌDIA or when you have finished the treatment.

Do not be alarmed by this list of possible side effects. You may not experience any of them. Ask your doctor or pharmacist if you do not understand anything in this list.

## After using NŌDIA

### Disposal

If your doctor tells you to stop taking NŌDIA or if the tablets have passed the expiry date, ask your pharmacist what to do with the remaining medicine.

## Product description

### What NŌDIA tablets look like

NŌDIA 2mg tablets are small light-green-coloured, capsule-shaped tablets, plain on one side and with a break line on the other.

Each NŌDIA tablet contains the active ingredient, loperamide hydrochloride.

Each NŌDIA tablet also contains lactose, sugars, maize starch, sodium starch

glycollate, povidone, silicon dioxide, talc, magnesium stearate, food colours 133 and 104.

NŌDIA 2mg tablets are available in blister packs of 8 (General sale) and 16 tablets (Pharmacy only).

### **If you want to know more**

Should you have any questions regarding this product, please approach your doctor or pharmacist.

### **Distributor**

Distributed in New Zealand by:  
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