Motility Agents
(domperidone, metoclopramide)

PHARMACY INFO SHEET

WHAT IT DOES:

Decreases feeling of fullness or nausea and helps prevent reflux or heartburn.

HOW IT WORKS:

Increases muscle contractions and moves food through the stomach and bowel more quickly.

HOW TO TAKE IT:

Take this medication 15-30 minutes before eating a meal. This will allow it to start working by the time food reaches your stomach and will help prevent nausea and feeling "full" after eating only a small amount.

WHAT TO DO IF YOU MISS A DOSE:

If you miss a dose, take the missed dose as soon as you remember. If you have finished eating, you may still get benefit from taking the drug within an hour of the meal but if it is later than that, just skip the missed dose. DO NOT DOUBLE YOUR DOSE OR TRY TO "CATCH UP" BY TAKING EXTRA DOSES.

POSSIBLE SIDE EFFECTS:

Uncommon. Diarrhea may occur with high doses.

RELATION TO DIET:

Avoid lying down for 1 hour after eating. Eating smaller, more frequent meals and in some cases limiting high fat foods may help reduce nausea, "fullness" and heartburn. Consult your doctor and dietitian.

Use the space below to write down why you are taking this medication.

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