

Loperamide

[Lobster-wine](#)

Loperamide (Imodium) is a synthetic opioid that slows down the intestinal tract. The drug is used to treat episodes of diarrhea associated with rapid peristalsis.

Linaclotide

[Licorice](#)

Linaclotide (Linzess) is a medication used in patients over age 8 for idiopathic chronic constipation as well as a treatment for irritable bowel syndrome with constipation. It works as an agonist to guanylate cyclase-c in the intestinal lumen to increase cGMP (cyclic guanosine monophosphate). This increase in cGMP causes an increase in fluid in the intestinal lumen and works to decrease transit time of GI contents through increased motor activity.

Medications for Women

Tegaserod (Zelnorm)

[Tiger-quad](#)

Tegaserod (Zelnorm) increases the movement of stools in the bowels and helps relieve constipation. However, the drug has been withdrawn from the U.S. market and is only indicated for limited emergency situations. Men taking tegaserod did not experience symptom relief.

Lubiprostone (Amitiza)

[Lube-pro](#)

Lubiprostone (Amitiza) is a laxative indicated to relieve constipation in women diagnosed with IBS. The medication softens stool and increases motility of the GI tract.

Alosetron (Lotronex)

[A-lasso](#)

Alosetron (Lotronex) is a serotonergic antagonist used to help decrease pain and diarrhea. However, the drug has serious side effects such as severe constipation and ischemic colitis, which involves decreased blood flow to the intestines. The medication is used as a last resort treatment for women who have not responded to other IBS treatment options. If constipation occurs, the drug should be discontinued. Instruct the patient taking alosetron to report abdominal pain or bloody stools immediately to the health care provider.