

Anti-Spasm Medications:

Side Effects: nearly *Always* get dry mouth; blurry vision means too much med; flushing & bizarre behavior is much too *high dosage*!

If Urine Retention = can't pee > STOP!

Avoid Anti-spasm/Anti-Cholinergic **near Exercise** due to Risk of Heat stroke & higher heart rate, less sweat.

Examples of antispasmodics include:

- **Hycosamine** (NuLev, Levsin, Anaspaz), **Pamine**, **Bentyl** (dicyclomine), **Donnatal** (atropine/hycosamine),
- **Fennel seeds** 2tbs 3-4 x/day (boiled in 2cups water x 3min, strain & add honey) promotility + antispasmodic
- **Peppermint oil** = menthol 1gm q4-6 or Wrigley's Peppermint gum (oil cap 3x/d www.enzy.com 800.783.2286 or Mentharil)
- **Antihistamines:** Dramamine or benadryl + caffeine; meclizine
- **Zelnorm** - Tegaserod 1-6mg ac 1-2x/d, improve fundic relax*, transient Diarrhea common
- **Librax** (chlordiazepoxide) or 3-day course of transdermal **scopolamine**
- Baclofen (TLESR Inhib) 5-20mg before meals. start low, drowsiness. GABA Agonist
- **TCA**s (Tricyclics)- reduce symptoms, but can cause Delayed Stomach Emptying: nortriptyline and desipramine