




## Let's talk about your IBS-C symptoms

Answer the following questions about your symptoms so that you and your healthcare provider can determine whether IBSRELA might be right for you.

### How satisfied are you with your symptom relief for each of the following?

	Very unsatisfied	Unsatisfied	Neither unsatisfied nor satisfied	Satisfied	Very satisfied
 <b>Belly pain</b>					
 <b>Bloating</b>					
 <b>Constipation</b>					

### How often do your IBS-C symptoms get in the way of:

	Always	Often	Sometimes	Rarely	Never
 <b>Daily activities</b>					
 <b>Social life</b>					
 <b>Work</b>					

Is there any additional information about your IBS-C symptoms you want to share with your doctor?

### IMPORTANT RISK INFORMATION

- Do not give IBSRELA to children who are less than 6 years of age. It may harm them.
- You should not give IBSRELA to patients 6 years to less than 18 years of age. It may harm them. IBSRELA can cause severe diarrhea and your child could get severe dehydration (loss of a large amount of body water and salt).
- Do not take IBSRELA if a doctor has told you that you have a bowel blockage (intestinal obstruction).

### Before you take IBSRELA, tell your doctor about your medical conditions, including if you are:

- Pregnant or plan to become pregnant. It is not known if IBSRELA will harm your unborn baby.
- Breastfeeding or plan to breastfeed. It is not known if IBSRELA passes into your breast milk. Talk with your doctor about the best way to feed your baby if you take IBSRELA.

Tell your doctor about all the medicines you take, including prescription and over-the-counter medicines, vitamins and herbal supplements.

**IBSRELA**<sup>®</sup>  
(tenapanor) tablets  
50 mg

### Questions to ask your healthcare provider about IBSRELA during your next appointment

- What is IBSRELA?
- How is IBSRELA different from other IBS-C prescription medications?
- Could IBSRELA be right for me and treating my IBS-C symptoms?
- What are the common side effects with IBSRELA?
- Is there an IBSRELA savings card program?

Bring this page with you when you speak to your healthcare provider about IBS-C.

### Side Effects

Diarrhea is the most common side effect of IBSRELA, and it can sometimes be severe. Stop taking IBSRELA and call your doctor if you develop severe diarrhea.

Other common side effects of IBSRELA include swelling, or a feeling of fullness or pressure in your abdomen (distension), gas (flatulence), or dizziness.

These are not all the possible side effects of IBSRELA. Call your doctor for medical advice about side effects.

### What is IBSRELA?

IBSRELA (tenapanor) is a prescription medicine used in adults to treat irritable bowel syndrome with constipation (IBS-C). **It is not known if IBSRELA is safe and effective in children less than 18 years of age.**

You may report side effects to FDA at 1-800-FDA-1088. You may also report side effects to [www.fda.gov/medwatch](http://www.fda.gov/medwatch).

Please also see [Medication Guide](#) within the full [Prescribing Information](#).

