

# LET'S TALK

There is no one-size-fits-all medication for Irritable Bowel Syndrome with Constipation (IBS-C). That's why it's important to talk with your healthcare provider about how you are feeling and about available IBS-C medication options.

Use this Discussion Guide to help make the most of your time with your healthcare provider. Here are some key topics to discuss:



**Symptom relief**—Make sure you are talking to your healthcare provider about all of your current IBS-C symptoms and how, if at all, these symptoms have changed since starting your current medication.

- Since starting my medication; my **belly pain** has improved, or worsened by \_\_\_\_%
- Prior to starting my medication, I had **bloating** \_\_\_ days a week; now I have bloating \_\_\_ days a week
- Before starting my medication, I was **going to the bathroom** \_\_\_ times per week; now I'm going \_\_\_ times a week. My stools were \_\_\_\_\_ (eg, very hard); now they are \_\_\_\_\_ (eg, very soft/loose)

**Quality-of-life impact**—Are your symptoms getting in the way of doing what you enjoy? Share how your symptoms impact your everyday life:



Do your symptoms cause you to miss **work** or impact your ability to do your job effectively?



Are you missing out on **activities** that are important to you such as going out to eat, going to events, or spending time with your family or friends? Are you unable to make plans because you don't know how you will feel?



Are you hesitant to **travel**?

**Medications**—Tell your healthcare provider about any over-the-counter and prescription medications you have tried.

**Your healthcare provider should know if you are:**

- Still having symptoms
- Experiencing side effects with your current medication
- Unable to take your current medication as prescribed

If you are bothered by your IBS-C symptoms, you are not alone. Ask your healthcare provider:

**Are there different medications available that may provide different symptom relief for me?**



Scan to use the Interactive IBS-Check-in Tool to assess your symptoms and share the results with your healthcare provider at your next visit

Don't settle for feeling just okay. When it comes to treating IBS-C, it's important to find the medication that is right for YOU.

# ABOUT IBSRELA

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

IBSRELA is a prescription medication that works differently to relieve the constipation, belly pain, and bloating in adults with IBS-C.

## IBSRELA provides relief from IBS-C symptoms, so you can get back to doing what you enjoy

- Most people taking IBSRELA begin to experience relief from constipation, bloating, belly pain, and discomfort within one week of treatment
- Additional improvement in abdominal pain happens over the first 3-4 months of treatment
- Improvements in IBS-C symptoms are typically maintained with continued use of IBSRELA\*

\*Improvement seen through end of 26-week trial.

**Diarrhea is the most common side effect experienced by those taking IBSRELA.** If diarrhea occurs with IBSRELA, it tends to be mild-to-moderate and typically goes away within one week. Stop taking IBSRELA and call your healthcare provider if your experience severe diarrhea while taking IBSRELA. Other common side effects of IBSRELA include swelling, or a feeling of fullness or pressure in your belly, gas, and dizziness.



Ask your healthcare provider if IBSRELA could be right for you

### 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.**

### 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.

### 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.

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**.



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