

## What your doctor needs to know

To make your appointment more productive, share this completed guide with your doctor. That way, he or she can recommend an appropriate treatment plan for you.

I usually have about this many bowel movements a week:

0–2 per week

3–4 per week

5+ per week

Check the box next to any symptoms you've been experiencing.

Record how many times a week you have experienced this symptom and for how long.

Abdominal Pain

*I have experienced this symptom \_\_\_\_\_ times a week for \_\_\_\_\_.*

Abdominal discomfort

*I have experienced this symptom \_\_\_\_\_ times a week for \_\_\_\_\_.*

Straining

*I have experienced this symptom \_\_\_\_\_ times a week for \_\_\_\_\_.*

Abdominal bloating

*I have experienced this symptom \_\_\_\_\_ times a week for \_\_\_\_\_.*

Difficulty passing stools

*I have experienced this symptom \_\_\_\_\_ times a week for \_\_\_\_\_.*

Hard or lumpy stools

*I have experienced this symptom \_\_\_\_\_ times a week for \_\_\_\_\_.*

## Indications

AMITIZA (lubiprostone) 24 mcg capsules twice daily is approved to treat Chronic Idiopathic Constipation (CIC) in adults. “Idiopathic” means the cause of the constipation is unknown and not due to an underlying illness or medication. AMITIZA 24 mcg twice daily is also approved to treat constipation caused by opioids, a type of prescription pain medicine, in adults with chronic pain that is not caused by active cancer. The effectiveness of AMITIZA has not been established if you are taking a diphenylheptane opioid (e.g., methadone). AMITIZA 8 mcg capsules twice daily is approved to treat Irritable Bowel Syndrome with Constipation (IBS-C) in women  $\geq$  18 years of age.

## Important Safety Information

AMITIZA (lubiprostone) is not for everyone. If you know or suspect you have a bowel blockage, do not take AMITIZA. If you are unsure, your healthcare provider (HCP) should evaluate your condition before starting AMITIZA.

*Please see additional Important Safety Information on page 6.*

For more information, call 1-888-5-AMITIZA or visit [AMITIZA.com](http://AMITIZA.com).

## Your history

Now, think about the different ways you may have tried to treat your chronic constipation. During your appointment, it might help to go into additional detail about your experiences.

Check the options that apply.

I take fiber

I take laxatives

I exercise regularly

I drink water regularly

I'm taking a prescription medication

## Indications

AMITIZA (lubiprostone) 24 mcg capsules twice daily is approved to treat Chronic Idiopathic Constipation (CIC) in adults. “Idiopathic” means the cause of the constipation is unknown and not due to an underlying illness or medication. AMITIZA 24 mcg twice daily is also approved to treat constipation caused by opioids, a type of prescription pain medicine, in adults with chronic pain that is not caused by active cancer. The effectiveness of AMITIZA has not been established if you are taking a diphenylheptane opioid (e.g., methadone). AMITIZA 8 mcg capsules twice daily is approved to treat Irritable Bowel Syndrome with Constipation (IBS-C) in women  $\geq$  18 years of age.

## Important Safety Information

Some patients taking AMITIZA may experience nausea. Take AMITIZA with food and water to reduce the occurrence of nausea.

*Please see additional Important Safety Information on page 6.*

For more information, call 1-888-5-AMITIZA or visit [AMITIZA.com](https://www.amitiza.com).

## How does your condition affect your life?

Describe your experiences below to help your doctor get a clear understanding of how chronic constipation is affecting your life.

### My symptoms

*(Example: The constipation keeps me up at night)*

### Work/School

*(Example: Missed two days of work because of my constipation or pain in my belly)*

### Home/Family

*(Example: Abdominal discomfort or belly pain kept me home Tuesday; missed son's soccer game)*

### Social/Life

*(Example: Skipped dinner out on Thursday because of constipation)*

## Indications

AMITIZA (lubiprostone) 24 mcg capsules twice daily is approved to treat Chronic Idiopathic Constipation (CIC) in adults. “Idiopathic” means the cause of the constipation is unknown and not due to an underlying illness or medication. AMITIZA 24 mcg twice daily is also approved to treat constipation caused by opioids, a type of prescription pain medicine, in adults with chronic pain that is not caused by active cancer. The effectiveness of AMITIZA has not been established if you are taking a diphenylheptane opioid (e.g., methadone). AMITIZA 8 mcg capsules twice daily is approved to treat Irritable Bowel Syndrome with Constipation (IBS-C) in women  $\geq$  18 years of age.

## Important Safety Information

Do not take AMITIZA if you have severe diarrhea. Some patients taking AMITIZA may experience diarrhea. If your diarrhea becomes severe, stop taking AMITIZA and tell your HCP.

*Please see additional Important Safety Information on page 6.*

For more information, call 1-888-5-AMITIZA or visit [AMITIZA.com](http://AMITIZA.com).

## Questions you may want to ask your doctor

What causes Chronic Idiopathic Constipation, IBS with Constipation, or Opioid-Induced Constipation in adults with chronic pain not caused by active cancer?

Can I take AMITIZA with other medications?

Is AMITIZA right for me?

What else can I do to manage my condition?  
*(e.g., lifestyle/diet changes, fiber supplements)*

What can I expect from my treatment?

## Indications

AMITIZA (lubiprostone) 24 mcg capsules twice daily is approved to treat Chronic Idiopathic Constipation (CIC) in adults. “Idiopathic” means the cause of the constipation is unknown and not due to an underlying illness or medication. AMITIZA 24 mcg twice daily is also approved to treat constipation caused by opioids, a type of prescription pain medicine, in adults with chronic pain that is not caused by active cancer. The effectiveness of AMITIZA has not been established if you are taking a diphenylheptane opioid (e.g., methadone). AMITIZA 8 mcg capsules twice daily is approved to treat Irritable Bowel Syndrome with Constipation (IBS-C) in women  $\geq$  18 years of age.

## Important Safety Information

Patients may experience fainting and low blood pressure after taking the first dose or repeated doses of AMITIZA. Stop taking AMITIZA and tell your HCP if these reactions occur. Symptoms usually go away before the next dose but may recur with repeated use. Tell your HCP if you are taking any medications to lower blood pressure. Other side effects such as diarrhea or vomiting may increase the risk of fainting and low blood pressure.

*Please see additional Important Safety Information on page 6.*

For more information, call 1-888-5-AMITIZA or visit [AMITIZA.com](https://www.amitiza.com).

## More questions for your doctor

Even though chronic constipation is common, the symptoms can be different for everyone. That's why it might be helpful for you to write down any personal questions you have about your condition here, so you remember to bring them up at your doctor appointment.



## Indications

AMITIZA (lubiprostone) 24 mcg capsules twice daily is approved to treat Chronic Idiopathic Constipation (CIC) in adults. “Idiopathic” means the cause of the constipation is unknown and not due to an underlying illness or medication. AMITIZA 24 mcg twice daily is also approved to treat constipation caused by opioids, a type of prescription pain medicine, in adults with chronic pain that is not caused by active cancer. The effectiveness of AMITIZA has not been established if you are taking a diphenylheptane opioid (e.g., methadone). AMITIZA 8 mcg capsules twice daily is approved to treat Irritable Bowel Syndrome with Constipation (IBS-C) in women  $\geq$  18 years of age.

## Important Safety Information

Within an hour of taking AMITIZA, a sensation of chest tightness and shortness of breath may occur. These symptoms usually go away within three hours, but may recur with repeated use. Tell your HCP if you experience these symptoms.

*Please see additional Important Safety Information on page 6.*

For more information, call 1-888-5-AMITIZA or visit [AMITIZA.com](https://www.amitiza.com).

## Important Safety Information

AMITIZA (lubiprostone) is not for everyone. If you know or suspect you have a bowel blockage, do not take AMITIZA. If you are unsure, your healthcare provider (HCP) should evaluate your condition before starting AMITIZA.

Some patients taking AMITIZA may experience nausea. Take AMITIZA with food and water to reduce the occurrence of nausea.

Do not take AMITIZA if you have severe diarrhea. Some patients taking AMITIZA may experience diarrhea. If your diarrhea becomes severe, stop taking AMITIZA and tell your HCP.

Patients may experience fainting and low blood pressure after taking the first dose or repeated doses of AMITIZA. Stop taking AMITIZA and tell your HCP if these reactions occur. Symptoms usually go away before the next dose but may recur with repeated use. Tell your HCP if you are taking any medications to lower blood pressure. Other side effects such as diarrhea or vomiting may increase the risk of fainting and low blood pressure.

Within an hour of taking AMITIZA, a sensation of chest tightness and shortness of breath may occur. These symptoms usually go away within three hours, but may recur with repeated use. Tell your HCP if you experience these symptoms.

The most common side effects of taking AMITIZA 24 mcg twice daily for CIC are nausea, diarrhea, headache, abdominal pain, abdominal distension, and gas. The most common side effects of taking AMITIZA 24 mcg twice daily for Opioid-Induced Constipation are nausea and diarrhea. The most common side effects of taking AMITIZA 8 mcg twice daily for IBS-C are nausea, diarrhea, and abdominal pain. These are not all the side effects associated with AMITIZA.

Tell your HCP if you are taking a diphenylheptane opioid (e.g., methadone).

AMITIZA has not been studied in pregnant women. Based on animal studies, AMITIZA may cause fetal harm. AMITIZA should only be used during pregnancy if the potential benefits justify the potential risk to the fetus. If you are pregnant or become pregnant while being treated with AMITIZA, talk to your HCP to evaluate the risks to the fetus. Tell your HCP if you are nursing and monitor infants for diarrhea.

Tell your HCP if you have liver problems.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch) or call 1-800-FDA-1088.

## Indications

AMITIZA (lubiprostone) 24 mcg capsules twice daily is approved to treat Chronic Idiopathic Constipation (CIC) in adults. “Idiopathic” means the cause of the constipation is unknown and not due to an underlying illness or medication. AMITIZA 24 mcg twice daily is also approved to treat constipation caused by opioids, a type of prescription pain medicine, in adults with chronic pain that is not caused by active cancer. The effectiveness of AMITIZA has not been established if you are taking a diphenylheptane opioid (e.g., methadone). AMITIZA 8 mcg capsules twice daily is approved to treat Irritable Bowel Syndrome with Constipation (IBS-C) in women  $\geq$  18 years of age.

**[Please click here for the complete Prescribing Information.](#)**

AMITIZA is a trademark of Mallinckrodt Pharmaceuticals, registered with the U.S. Patent and Trademark Office and used under license by Takeda Pharmaceuticals America, Inc.

©2020 Takeda Pharmaceuticals U.S.A., Inc.  
MAT-USD-LUB-19-00210v2.0 05/2020