

# STEPS TOWARD RELIEF

A guide to help you talk  
with your doctor.



**Looking for relief? We'll guide you through it.** It's understandable if you're hesitant to talk about your symptoms, such as belly pain and constipation, with your doctor. The Steps Toward Relief guide can help you describe your symptoms, show how they're impacting you, and how you've tried to find relief in the past. Fill out the information on the following page, and share your results with your doctor. Together, you can decide what treatment option is best for you.

**Suffering from more than occasional constipation? It could be IBS-C or CIC.**

## IBS-C Symptoms

- Belly pain
- Constipation
- Infrequent and incomplete bowel movements
- Straining
- Hard stools

## CIC Symptoms

- Constipation
- Hard stools
- Infrequent and incomplete bowel movements
- Straining

## IMPORTANT RISK INFORMATION

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

**Linzess**<sup>®</sup>  
(linaclotide) capsules  
72 mcg • 145 mcg • 290 mcg

Please see additional Important Risk Information on page 3.

## Next steps toward relief

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**Step 1: Check the symptoms you may be experiencing.** Depending on your answers, you may have chronic or occasional constipation. Remember to share all your symptoms with your doctor.

- |  |   |
|--|---|
| <input type="checkbox"/> belly pain                          | <input type="checkbox"/> difficulty passing stools  |
| <input type="checkbox"/> hard stools                         | <input type="checkbox"/> incomplete bowel movements |
| <input type="checkbox"/> fewer than 3 bowel movements a week |   |

Have you experienced these symptoms for the last 3 months? .....  Yes  No

When did your symptoms first start? \_\_\_\_\_  
\_\_\_\_\_

## Step 2: What have you done to find relief? How well did it work?

*Lifestyle Changes*

**I tried getting relief by**

*How long?*

**Did your symptoms come back?**

- |                                    |  |
|------------------------------------|--|
| drinking more water _____          | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| changing my diet _____             | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| increasing physical activity _____ | <input type="checkbox"/> Yes <input type="checkbox"/> No |

*Over-the-Counter Treatments (from the pharmacy aisle)*

**I tried getting relief by**

*Write in brand name (Example: MiraLAX®)*

**Did your symptoms come back?**

- |                              |  |
|------------------------------|--|
| taking laxatives _____       | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| taking stool softeners _____ | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| taking fiber _____           | <input type="checkbox"/> Yes <input type="checkbox"/> No |

## Step 3: How are your symptoms affecting you?

\_\_\_\_\_

\_\_\_\_\_

**Final steps: Your doctor can help you find relief.** Now that you've filled out the Steps Toward Relief guide, bring it along to your next doctor's visit. It can help your doctor understand what you are going through and help you with your treatment decisions.

**Save on your prescriptions.** If your doctor decides LINZESS is right for you, you may be able to save on your prescriptions with the LINZESS Savings Program. You can register for a savings card and learn more at [www.LinzessSavings.com](http://www.LinzessSavings.com).

MiraLAX is a registered trademark of Bayer.

Please see additional Important Risk Information on page 3.

## What is LINZESS?

LINZESS® (linaclotide) is a prescription medication used in adults to treat irritable bowel syndrome with constipation (IBS-C) and chronic idiopathic constipation (CIC). “Idiopathic” means the cause of the constipation is unknown. **It is not known if LINZESS is safe and effective in children less than 18 years of age.**

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

- Pregnant or plan to become pregnant. It is not known if LINZESS will harm your unborn baby.
- Breastfeeding or plan to breastfeed. It is not known if LINZESS passes into your breast milk.

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

## Side Effects

**LINZESS can cause serious side effects, including diarrhea, the most common side effect, which can sometimes be severe.** Diarrhea often begins within the first 2 weeks of LINZESS treatment. **Stop taking LINZESS and call your doctor right away if you get severe diarrhea during treatment with LINZESS.**

Other common side effects of LINZESS include gas, stomach-area (abdominal) pain, swelling, or a feeling of fullness or pressure in your abdomen (distension). **Call your doctor or go to the nearest hospital emergency room right away if you develop unusual or severe stomach-area (abdominal) pain, especially if you also have bright red, bloody stools or black stools that look like tar.**

These are not all the possible side effects of LINZESS. For more information, ask your doctor or pharmacist.

Please also see [Medication Guide](#) within full Prescribing Information and at LINZESS.com.