

CHECK IN WITH YOUR GUT

It's time to challenge your opioid-induced constipation (OIC) and your discomfort talking about it.

Below is a guide to check off your answers. Use it as a tool to help discuss your OIC with your healthcare provider.

- Remember:**
- Healthcare providers know that OIC is a real issue—they just might not know that you're suffering from it
 - When you let your healthcare provider know what you're experiencing, he or she can help with the right kind of prescription medicine

ON OPIOID MEDICATION FOR LONG-LASTING (CHRONIC) PAIN AND CONSTIPATED? YOU MAY HAVE OIC.

What are some opioid pain prescription medicines?

IF YOU'VE BEEN PRESCRIBED ANY OF THE FOLLOWING, YOU'RE TAKING A PRESCRIPTION OPIOID PAIN MEDICINE:

- | | |
|------------------------------------|--------------------------------------|
| <input type="checkbox"/> CODEINE | <input type="checkbox"/> MORPHINE |
| <input type="checkbox"/> TRAMADOL | <input type="checkbox"/> HYDROCODONE |
| <input type="checkbox"/> OXYCODONE | <input type="checkbox"/> FENTANYL |

Ask your healthcare provider:

Is OIC a possible side effect of my prescription opioid medication?

SINCE I'VE BEEN TAKING OPIOID PAIN MEDICINE, I TYPICALLY HAVE THIS MANY BOWEL MOVEMENTS PER WEEK:

- 0-3 4-7 8+

OIC IS COMMON

40 – 80% of patients taking an opioid pain medicine for chronic pain may experience OIC.






Ask your healthcare provider:

I have tried _____ and have not been satisfied. Should I try a prescription medication?

OIC SYMPTOMS

If you're taking an opioid pain medication and experiencing any of the following symptoms, you could have OIC.

CHECK WHAT SYMPTOMS YOU ARE EXPERIENCING:

-  LESS THAN 3 BOWEL MOVEMENTS PER WEEK
-  BLOATING OR PAIN IN STOMACH AREA
-  DRY, HARD STOOLS
-  NEEDING TO PUSH HARDER DURING A BOWEL MOVEMENT
-  SENSE OF INCOMPLETE EMPTYING OF YOUR BOWELS

Ask your healthcare provider:

I am experiencing _____. Could this be OIC, and what can I do about it?

FEEL LIKE YOU HAVE TRIED IT ALL TO TREAT YOUR OIC?

Water

Fiber

Over-the-counter laxatives

Exercise

These are all things that may help with occasional constipation, but may not always relieve OIC.

OIC is a unique type of constipation that may require a specific kind of treatment.

Check In With Your Healthcare Provider

Indications

Relistor® (methylnaltrexone bromide) is a prescription medicine used to treat constipation in adults that is caused by prescription pain medicines called opioids.

- Relistor tablets and Relistor injection are used to treat constipation caused by opioids in adults with long-lasting (chronic) pain that is not caused by active cancer.
- Relistor injection is also used to treat constipation caused by opioids in adults with advanced illness or pain caused by active cancer and who need increases in their opioid dose for comfort care.

It is not known if Relistor is safe and effective in children.

Important Safety Information

- Do not take Relistor if you have a bowel blockage (called an intestinal obstruction) or have a history of bowel blockage.
- Relistor can cause serious side effects such as a tear in your stomach or intestinal wall (perforation). Stomach pain that is severe can be a sign of a serious medical condition. If you get stomach pain that is severe, does not go away, or gets worse, stop taking Relistor and get emergency medical help right away.
- Stop using Relistor and call your healthcare provider if you get diarrhea that is severe or that does not go away during treatment with Relistor.
- You may have symptoms of opioid withdrawal during treatment with Relistor including sweating, chills, diarrhea, stomach pain, anxiety, and yawning. Tell your healthcare provider if you have any of these symptoms.
- Tell your healthcare provider if you have kidney or liver problems.
- Tell your healthcare provider if you have any stomach or bowel (intestine) problems, including stomach ulcer, Crohn's disease, diverticulitis, cancer of the stomach or bowel, or Ogilvie's syndrome.
- Tell your healthcare provider if you are pregnant or plan to become pregnant. Taking Relistor during pregnancy may cause opioid withdrawal symptoms in your unborn baby. Tell your healthcare provider right away if you become pregnant during treatment with Relistor.
- Taking Relistor while you are breastfeeding may cause opioid withdrawal in your baby. You should not breastfeed during treatment with Relistor. You and your healthcare provider should decide if you will take Relistor or breastfeed. You should not do both.
- Also, tell your healthcare provider about all of the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements.
- In a clinical study, the most common side effects of Relistor tablets in people with long-lasting (chronic) pain that is not caused by cancer include: stomach-area (abdomen) pain, diarrhea, headache, swelling or a feeling of fullness or pressure in your abdomen, sweating, anxiety, muscle spasms, runny nose, and chills.
- In a clinical study, the most common side effects of Relistor injection in people with long-lasting (chronic) pain that is not caused by cancer include: stomach-area (abdomen) pain, nausea, diarrhea, sweating, hot flush, tremor, and chills.
- In clinical studies, the most common side effects of Relistor injection in people receiving treatment for their advanced illness include: stomach-area (abdomen) pain, gas, nausea, dizziness, and diarrhea.

You are encouraged to report side effects of prescription drugs to FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

For product information, adverse event reports, and product complaint reports, please contact:

Salix Product Information Call Center

Phone: 1-800-321-4576

Fax: 1-510-595-8183

Email: salixmc@dlss.com

Please [click here](#) for full Prescribing Information, including Medication Guide.



www.salix.com

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Tablets & Subcutaneous Injection