

For adults with irritable bowel syndrome with constipation (IBS-C) or chronic idiopathic constipation (CIC)

# Getting started on LINZESS

## How to take LINZESS



Every day



Once a day



On an empty stomach  
and at least 30 minutes  
prior to a meal



At approximately  
the same time  
each day

For patients who are unable to swallow the capsule whole, LINZESS capsules can be opened and administered orally with either applesauce or water

Take LINZESS as prescribed by your doctor and keep them informed about your experience with LINZESS. For additional instructions, please see accompanying Consumer Brief Summary.

## What to expect when starting LINZESS

Based on clinical studies in adults with IBS-C, when LINZESS is taken daily as directed:



1 Constipation relief is typically felt in about 1 week.



2 Patients with IBS-C may begin to experience relief from belly pain and overall abdominal symptoms\* (pain, discomfort, and bloating) in about 1 week, with symptoms typically improving over 12 weeks.

\*Abdominal symptoms studied in combination, not individually.



3 Diarrhea is the most common side effect and often begins within the first 2 weeks of treatment. It may be helpful to start treatment when you can be near the comfort of your own bathroom (eg, on a weekend).

### Want to learn more?

Scan the QR code to watch a gastroenterologist explain what to expect when starting LINZESS.



## Which number best describes your bowel movements?

Assessing the size, shape, and appearance of your bowel movements can help your doctor see how well LINZESS is working for you. Use this scale to help describe your stool to your doctor.



1 Separate hard lumps, like nuts.



2 Sausage-shaped but lumpy.



3 Like a sausage or snake but with cracks on the surface.



4 Like a sausage or snake; smooth and soft.



5 Soft blobs with clear-cut edges.



6 Fluffy pieces with ragged edges; a mushy stool.



7 Watery, with no solid pieces.

Modified from original version.  
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## SAFETY CONSIDERATIONS

- Do not give LINZESS to children less than 2 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).
- Do not take LINZESS if a doctor has told you that you have a bowel blockage (intestinal obstruction).
- Diarrhea is the most common side effect of LINZESS, and it can sometimes be severe. Stop taking LINZESS and call your doctor right away if you get severe diarrhea. Other common side effects of LINZESS in people with IBS-C and CIC include gas, stomach-area (abdomen) pain, and swelling, or a feeling of fullness or pressure in your abdomen (distention).

Please see reverse for Important Risk Information, including Boxed Warning. Please see accompanying Consumer Brief Summary or visit [www.rxabbvie.com/pdf/linzess\\_pi.pdf](http://www.rxabbvie.com/pdf/linzess_pi.pdf) for full Prescribing Information, including Boxed Warning and Medication Guide.

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