

# DISCUSSING Opioid Constipation With Your Doctor



## Now that your pain is being managed with an opioid, how is the rest of your body feeling?

Once you find relief from chronic pain, the last thing you need is a different kind of pain—constipation. Yet, up to half of people on long-term opioid therapy experience opioid constipation, also known as opioid-induced constipation (OIC).

## Are you telling your doctor everything?

OIC can leave you feeling uncomfortable and frustrated, especially when discussing the condition with your doctor. As awkward as these conversations may seem, they are extremely important. Your doctor can only help you feel better if they understand what you are going through.

## OTC treatments may not be enough.

Different types of over-the-counter (OTC) laxatives may help temporarily relieve constipation by coating the intestines to support movement, stimulating the bowels to move things along, or pulling more water into the bowel. However, OIC is different from other forms of constipation and may require a treatment that blocks the effects of opioids in the gut.

## FIRST THINGS FIRST

Before starting your opioid treatment, about how often were you having bowel movements?

Daily | Every other day | Every few days | Once a week or less

Since starting your opioid treatment, about how often do you have bowel movements?

Daily | Every other day | Every few days | Once a week or less

If you were to rate your constipation discomfort on a scale of 1 to 10, what would it be?

Mild			Moderate				Severe		
1	2	3	4	5	6	7	8	9	10

## WHAT HAVE YOU TRIED SO FAR?

Which OTC laxative treatments have you tried since starting opioids?

- Osmotic laxatives (eg, magnesium citrate, Milk of Magnesia, etc.)
- Stimulant laxatives (eg, Dulcolax, Senokot, etc.)
- Stool softeners (eg, Colace, etc.)
- Lubricant laxatives (eg, mineral oil, etc.)
- Other

Does your OTC medication help?

Not at all | Rarely | Sometimes | Always | N/A



## Did you know?

- Constipation is by far the most common and unpleasant effect of opioids on the gut.
- Some degree of constipation is felt by almost all people who take opioid medicines.
- Opioid constipation may last for as long as you are taking opioids.



## Preparing for your doctor's visit

Remember to bring this completed form with you to your next doctor's appointment to guide your discussion. You can also prepare for the discussion by learning more about OIC and your treatment options.

## THE AWKWARD—BUT NECESSARY—QUESTIONS

How often do you need to use an OTC laxative to help you have a bowel movement?

Always | Most of the time | About half of the time | Sometimes | Never

How often do you physically strain to have a bowel movement?

Every time I go | Most of the time | About half of the time | Sometimes | Never

How often do you have a bowel movement that feels incomplete?

Every time I go | Most of the time | About half of the time | Sometimes | Never

## LET'S TALK PAIN MEDICATION

Which opioid(s) are you taking for your chronic pain?

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Have you ever skipped a dose of your pain medication hoping to relieve your constipation?

Yes | No

Would you consider switching to a different pain therapy if there was a possibility of less constipation?

Yes | No



## YOU HAVE OPTIONS

SYMPROIC® blocks the opioid receptors in your gut, attacking OIC at its source while still allowing the opioid to effectively target your pain. SYMPROIC® is the only drug of its class with **high-quality evidence** and a **strong recommendation** from the American Gastroenterological Association.

## ASK YOUR DOCTOR IF SYMPROIC® IS RIGHT FOR YOU

Visit [SYMPROIC.com/savings](https://www.symproic.com/savings) to learn more and to access SYMPROIC® savings.

Please see Medication Guide on page 3 and full Prescribing Information at [SYMPROIC.com](https://www.symproic.com).

## MEDICATION GUIDE

### **SYMPROIC® (sim proe' ik)**

(naldemedine) tablets, for oral use

#### **What is the most important information I should know about SYMPROIC?**

##### **SYMPROIC may cause serious side effects, including:**

- **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 does not go away, stop taking SYMPROIC and get emergency medical help right away.
- **Opioid withdrawal.** You may have symptoms of opioid withdrawal during treatment with SYMPROIC including sweating, chills, tearing, warm or hot feeling to your face (flush), sneezing, fever, feeling cold, abdominal pain, diarrhea, nausea, and vomiting. Tell your healthcare provider if you have any of these symptoms.

#### **What is SYMPROIC?**

SYMPROIC is a prescription medicine used to treat constipation that is caused by prescription pain medicines called opioids, in adults with long-lasting (chronic) pain that is not caused by active cancer.

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

#### **Do not take SYMPROIC if you:**

- have a bowel blockage (intestinal obstruction) or have a history of bowel blockage.
- are allergic to SYMPROIC or any of the ingredients in SYMPROIC. See the end of this Medication Guide for a complete list of ingredients in SYMPROIC. Tell your healthcare provider or pharmacist before you start or stop any medicines during treatment with SYMPROIC.

#### **Before you take SYMPROIC, tell your healthcare provider about all of your medical conditions, including if you:**

- have any stomach or bowel (intestines) problems, including stomach ulcer, Crohn's disease, diverticulitis, cancer of the stomach or bowel, or Ogilvie's syndrome.
- have liver problems.
- are pregnant or plan to become pregnant. Taking SYMPROIC during pregnancy may cause opioid withdrawal symptoms in your unborn baby. Tell your healthcare provider right away if you become pregnant during treatment with SYMPROIC.
- are breastfeeding or plan to breastfeed. It is not known if SYMPROIC passes into your breast milk. You should not breastfeed during treatment with SYMPROIC and for 3 days after your last dose. Taking SYMPROIC while you are breastfeeding may cause opioid withdrawal symptoms in your baby. You and your healthcare provider should decide if you will take SYMPROIC or breastfeed. You should not do both.

**Tell your healthcare provider about all the medicines you take**, including prescription and over-the-counter medicines, vitamins, and herbal supplements. Other medicines may affect the way SYMPROIC works.

#### **How should I take SYMPROIC?**

- Take SYMPROIC exactly as your healthcare provider tells you to take it.
- Take your prescribed dose of SYMPROIC 1 time each day.
- SYMPROIC can be taken with or without food.
- SYMPROIC has been shown to be effective in people who have taken opioid pain medicines for at least 4 weeks.
- Tell your healthcare provider if you stop taking your opioid pain medicine. If you stop taking your opioid pain medicine, you should also stop taking SYMPROIC.

#### **What are the possible side effects of SYMPROIC?**

##### **See "What is the most important information I should know about SYMPROIC?"**

**The most common side effects of SYMPROIC** include stomach (abdomen) pain, diarrhea, nausea and vomiting (gastroenteritis).

Tell your healthcare provider if you have any side effect that bothers you or that does not go away. These are not all the possible side effects of SYMPROIC. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

#### **How should I store SYMPROIC?**

- Store SYMPROIC at room temperature between 68°F to 77°F (20°C to 25°C).
- Keep SYMPROIC in the bottle that it comes in.

#### **Keep SYMPROIC and all medicines out of the reach of children.**

#### **General information about the safe and effective use of SYMPROIC.**

Medicines are sometimes prescribed for purposes other than those in a Medication Guide. Do not take SYMPROIC for a condition for which it was not prescribed. Do not give SYMPROIC to other people, even if they have the same symptoms that you have. It may harm them. You can ask your pharmacist or healthcare provider for information about SYMPROIC that is written for health professionals.

#### **What are the ingredients in SYMPROIC?**

**Active Ingredient:** naldemedine tosylate

**Inactive ingredients:** D-mannitol, croscarmellose sodium, magnesium stearate, hypromellose, talc, and yellow ferric oxide.

Manufactured for:

BioDelivery Sciences International, Inc. Raleigh, NC 27612  
SYM-001-MG-APR2019



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