



6-WEEK PROGRESS CHECKER



See how you are doing

All your efforts toward treating your Chronic Constipation should be recorded. That's where this 6-week Progress Checker can help. Detail your symptoms, diet, medication, how you're feeling, as well as each way you are treating your condition.

Be sure you continue taking AMITIZA as your healthcare provider prescribed. Plan to share your Progress Checker with your healthcare provider and discuss how you can further tailor your treatment plan just for you.

AMITIZA (24 mcg) is approved to treat Chronic Idiopathic Constipation in adults. "Idiopathic" means the cause of constipation is unknown and not due to an underlying illness or medication.

Please see Important Safety Information on page 3 of this printout.

For more information, visit AMITIZA.com.

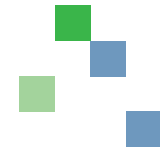
6-WEEK PROGRESS CHECKER

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Start Date: _____	Week 1								Week 2								Week 3								Week 4								Week 5								Week 6							
	S	M	T	W	T	F	S	Total	S	M	T	W	T	F	S	Total	S	M	T	W	T	F	S	Total	S	M	T	W	T	F	S	Total	S	M	T	W	T	F	S	Total	S	M	T	W	T	F	S	Total
Took AMITIZA today? <input checked="" type="checkbox"/> AM <input type="checkbox"/> PM																																																
Had abdominal discomfort? Y/N																																																
Bloating? Y/N																																																
Had gas? Y/N																																																
How many bowel movements today?																																																
Ate high-fiber food? Y/N																																																
Specify what kind of fiber:																																																
Drank 8 glasses of water today? Y/N																																																
Exercised? Y/N																																																
If so, what activity?																																																
Did your symptoms feel better this week compared to before AMITIZA? Y/N																																																
What did you do this week that you couldn't do before AMITIZA?	with family or friends?																																															
	at work?																																															



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Important Safety Information

Indication

AMITIZA (24 mcg) twice daily is approved to treat Chronic Idiopathic Constipation in adults. "Idiopathic" means the cause of constipation is unknown and not due to any underlying illness or medication.

Important Safety Information

AMITIZA 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 should evaluate your condition before starting AMITIZA. You should not take AMITIZA if you have severe diarrhea.

AMITIZA has not been studied in pregnant women and should only be used during a pregnancy if the potential benefits justify the potential risk to the fetus. Women should have a negative pregnancy test before beginning treatment with AMITIZA and need to practice effective birth control measures. If you are pregnant or become pregnant while being treated with AMITIZA, talk to your healthcare provider to evaluate the risks to the fetus.

Some patients taking AMITIZA may experience nausea or diarrhea. If nausea occurs, take AMITIZA with food. If your nausea or diarrhea becomes severe, tell your healthcare provider.

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 healthcare provider if you experience these symptoms.

The most common side effects of taking AMITIZA (24 mcg) twice daily, orange capsules for Chronic Idiopathic Constipation are nausea, diarrhea, and headache. These are not all the side effects associated with AMITIZA.

Tell your doctor if you have liver problems.

Please see accompanying complete Prescribing Information on the next page.

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