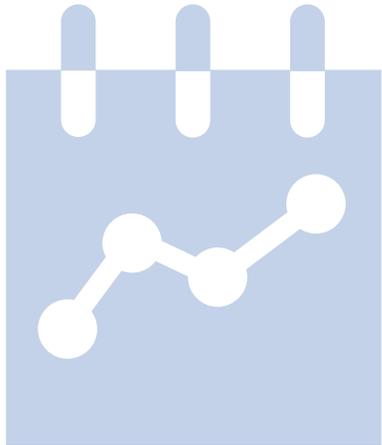


# PROGRESS TRACKER



## See how you are doing

The Progress Tracker helps you detail your symptoms, diet, medication, how you're feeling, and all the ways you're treating your condition. Recording this information can help your doctor understand how well your treatment plan is working, or if any adjustments need to be made.

Be sure to share your records at your next doctor appointment, and continue taking AMITIZA as your doctor has prescribed. You and your doctor should periodically assess the need for continued therapy.

## Indications

AMITIZA (lubiprostone) 24 mcg capsules twice daily is approved to treat Chronic Idiopathic Constipation (CIC) in adults. "Idiopathic" means the cause of the constipation is unknown and not due to an underlying illness or medication. AMITIZA 24 mcg twice daily is also approved to treat constipation caused by opioids, a type of prescription pain medicine, in adults with chronic pain that is not caused by active cancer. The effectiveness of AMITIZA has not been established if you are taking a diphenylheptane opioid (e.g., methadone). AMITIZA 8 mcg capsules twice daily is approved to treat Irritable Bowel Syndrome with Constipation (IBS-C) in women  $\geq$  18 years of age.

## Important Safety Information

AMITIZA (lubiprostone) 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 (HCP) should evaluate your condition before starting AMITIZA.

*Please see additional Important Safety Information on page 4.*

For more information, call 1-888-5-AMITIZA or visit [AMITIZA.com](https://www.amitiza.com).

# PROGRESS TRACKER



Start Date:	Week:	Week:							TOTAL	Week:							TOTAL
		SUN	MON	TUE	WED	THU	FRI	SAT		SUN	MON	TUE	WED	THU	FRI	SAT	
AM Took AMITIZA today?	PM																
Had abdominal pain? Y/N																	
Had abdominal discomfort? Y/N																	
Bloating? Y/N																	
Had gas? Y/N																	
How many bowel movements today?																	
Ate high-fiber food? Y/N																	
Drank water regularly? Y/N																	
Exercised? Y/N																	
Do your symptoms feel better today compared to before? Y/N																	

## Indications

AMITIZA (lubiprostone) 24 mcg capsules twice daily is approved to treat Chronic Idiopathic Constipation (CIC) in adults. “Idiopathic” means the cause of the constipation is unknown and not due to an underlying illness or medication. AMITIZA 24 mcg twice daily is also approved to treat constipation caused by opioids, a type of prescription pain medicine, in adults with chronic pain that is not caused by active cancer. The effectiveness of AMITIZA has not been established if you are taking a diphenylheptane opioid (e.g., methadone). AMITIZA 8 mcg capsules twice daily is approved to treat Irritable Bowel Syndrome with Constipation (IBS-C) in women ≥ 18 years of age.

## Important Safety Information

Some patients taking AMITIZA may experience nausea. Take AMITIZA with food and water to reduce the occurrence of nausea.

*Please see additional Important Safety Information on page 4.*

For more information, call 1-888-5-AMITIZA or visit [AMITIZA.com](http://AMITIZA.com).

# PROGRESS TRACKER



Start Date:	Week:	Week:							TOTAL	Week:							TOTAL
		SUN	MON	TUE	WED	THU	FRI	SAT		SUN	MON	TUE	WED	THU	FRI	SAT	
AM Took AMITIZA today?	PM																
Had abdominal pain? Y/N																	
Had abdominal discomfort? Y/N																	
Bloating? Y/N																	
Had gas? Y/N																	
How many bowel movements today?																	
Ate high-fiber food? Y/N																	
Drank water regularly? Y/N																	
Exercised? Y/N																	
Do your symptoms feel better today compared to before? Y/N																	

## Indications

AMITIZA (lubiprostone) 24 mcg capsules twice daily is approved to treat Chronic Idiopathic Constipation (CIC) in adults. “Idiopathic” means the cause of the constipation is unknown and not due to an underlying illness or medication. AMITIZA 24 mcg twice daily is also approved to treat constipation caused by opioids, a type of prescription pain medicine, in adults with chronic pain that is not caused by active cancer. The effectiveness of AMITIZA has not been established if you are taking a diphenylheptane opioid (e.g., methadone). AMITIZA 8 mcg capsules twice daily is approved to treat Irritable Bowel Syndrome with Constipation (IBS-C) in women ≥ 18 years of age.

## Important Safety Information

Do not take AMITIZA if you have severe diarrhea. Some patients taking AMITIZA may experience diarrhea. If your diarrhea becomes severe, stop taking AMITIZA and tell your HCP.

*Please see additional Important Safety Information on page 4.*

For more information, call 1-888-5-AMITIZA or visit [AMITIZA.com](http://AMITIZA.com).

## Important Safety Information

AMITIZA (lubiprostone) 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 (HCP) should evaluate your condition before starting AMITIZA.

Some patients taking AMITIZA may experience nausea. Take AMITIZA with food and water to reduce the occurrence of nausea.

Do not take AMITIZA if you have severe diarrhea. Some patients taking AMITIZA may experience diarrhea. If your diarrhea becomes severe, stop taking AMITIZA and tell your HCP.

Patients may experience fainting and low blood pressure after taking the first dose or repeated doses of AMITIZA. Stop taking AMITIZA and tell your HCP if these reactions occur. Symptoms usually go away before the next dose but may recur with repeated use. Tell your HCP if you are taking any medications to lower blood pressure. Other side effects such as diarrhea or vomiting may increase the risk of fainting and low blood pressure.

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 HCP if you experience these symptoms.

The most common side effects of taking AMITIZA 24 mcg twice daily for CIC are nausea, diarrhea, headache, abdominal pain, abdominal distension, and gas. The most common side effects of taking AMITIZA 24 mcg twice daily for Opioid-Induced Constipation are nausea and diarrhea. The most common side effects of taking AMITIZA 8 mcg twice daily for IBS-C are nausea, diarrhea, and abdominal pain. These are not all the side effects associated with AMITIZA.

Tell your HCP if you are taking a diphenylheptane opioid (e.g., methadone).

AMITIZA has not been studied in pregnant women. Based on animal studies, AMITIZA may cause fetal harm. AMITIZA should only be used during pregnancy if the potential benefits justify the potential risk to the fetus. If you are pregnant or become pregnant while being treated with AMITIZA, talk to your HCP to evaluate the risks to the fetus. Tell your HCP if you are nursing and monitor infants for diarrhea.

Tell your HCP if you have liver problems.

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

## Indications

AMITIZA (lubiprostone) 24 mcg capsules twice daily is approved to treat Chronic Idiopathic Constipation (CIC) in adults. “Idiopathic” means the cause of the constipation is unknown and not due to an underlying illness or medication. AMITIZA 24 mcg twice daily is also approved to treat constipation caused by opioids, a type of prescription pain medicine, in adults with chronic pain that is not caused by active cancer. The effectiveness of AMITIZA has not been established if you are taking a diphenylheptane opioid (e.g., methadone). AMITIZA 8 mcg capsules twice daily is approved to treat Irritable Bowel Syndrome with Constipation (IBS-C) in women  $\geq$  18 years of age.

**[Please click here for the complete Prescribing Information.](#)**

AMITIZA is a trademark of Mallinckrodt Pharmaceuticals, registered with the U.S. Patent and Trademark Office and used under license by Takeda Pharmaceuticals America, Inc.

©2018 Takeda Pharmaceuticals U.S.A., Inc.  
USD/LUB/15/0242(4) 07/18