








Track your symptoms to share with your doctor

Monitoring your symptoms and becoming more aware of your daily routines and patterns will help prepare you to have a thorough discussion about your condition at your next doctor appointment.

Bristol Stool Form Scale

The Bristol Stool Form Scale was developed at the University of Bristol, UK to help measure stool consistency or form. Using this scale to record stool type can be helpful for you and your doctor to measure patterns or changes.

Type 1	Type 2	Type 3	Type 4	Type 5	Type 6	Type 7
						
Separate hard lumps, like nuts (hard to pass)	Sausage-shaped but lumpy	Like a sausage but with cracks on its surface	Like a sausage or snake, smooth and soft	Soft blobs with clear-cut edges (passed easily)	Fluffy pieces with ragged edges, a mushy stool	Watery, no solid pieces, entirely liquid

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 3.

Using your tracker

On the next page you will find a tracking table to record detailed information about your experiences every day. Use the table to record up to a week of symptoms to share with your doctor.

Tracking Tips

- ✓ Develop a routine—track your symptoms at the same time every evening so that you don’t forget
- ✓ Be thorough—the more information you can provide your doctor, the more helpful your discussion will be

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

SYMPTOM TRACKER



Record up to a week of symptoms

Day	Did you have a bowel movement today?	Bristol Stool Form Scale Type	How many glasses of water did you drink?	Rate your stress level Place an "x" on the scale	Rate your exercise level Place an "x" on the scale	What treatment did you use, if any? See bottom of page for key	Indicate any social functions that you missed e.g., work, school	Describe other symptoms e.g., pain, bloating, gas, etc.
Day 1 Monday	<input type="checkbox"/> Yes <input type="checkbox"/> No					<input type="checkbox"/> S <input type="checkbox"/> F <input type="checkbox"/> O <input type="checkbox"/> P Other _____		
Day 2 Tuesday	<input type="checkbox"/> Yes <input type="checkbox"/> No					<input type="checkbox"/> S <input type="checkbox"/> F <input type="checkbox"/> O <input type="checkbox"/> P Other _____		
Day 3 Wednesday	<input type="checkbox"/> Yes <input type="checkbox"/> No					<input type="checkbox"/> S <input type="checkbox"/> F <input type="checkbox"/> O <input type="checkbox"/> P Other _____		
Day 4 Thursday	<input type="checkbox"/> Yes <input type="checkbox"/> No					<input type="checkbox"/> S <input type="checkbox"/> F <input type="checkbox"/> O <input type="checkbox"/> P Other _____		
Day 5 Friday	<input type="checkbox"/> Yes <input type="checkbox"/> No					<input type="checkbox"/> S <input type="checkbox"/> F <input type="checkbox"/> O <input type="checkbox"/> P Other _____		
Day 6 Saturday	<input type="checkbox"/> Yes <input type="checkbox"/> No					<input type="checkbox"/> S <input type="checkbox"/> F <input type="checkbox"/> O <input type="checkbox"/> P Other _____		
Day 7 Sunday	<input type="checkbox"/> Yes <input type="checkbox"/> No					<input type="checkbox"/> S <input type="checkbox"/> F <input type="checkbox"/> O <input type="checkbox"/> P Other _____		

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Important Safety Information

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

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Treatment Key

S = Stimulant laxatives, such as ex-lax, Senokot, Dulcolax
O = Osmotic laxatives, such as MiraLAX, etc.

F = Fiber supplements, such as Metamucil Powder, Benefiber, etc.
P = Probiotics, such as Acidophilus Pearls

Brand names listed are the trademarks of their respective owners.

SYMPTOM TRACKER



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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 or call 1-800-FDA-1088.

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

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