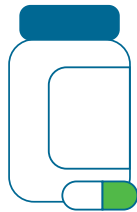


Were you prescribed an Opioid Pain Medicine?

OPIOID INDUCED CONSTIPATION (OIC)
is a common side effect of opioid pain medicines

OIC IS A DIFFERENT TYPE OF CONSTIPATION

- Opioid pain medicines may have an undesired effect in the gut, or digestive tract, which may cause constipation.
- OIC can last as long as you are taking your opioid medicine. It may not improve over time or with a change in dose.



40-80% of patients taking an opioid pain medicine for chronic pain may experience OIC

It is important to look for signs and symptoms of OIC



- Bloating or pain in your stomach area
- Dry, hard stool
- Less than 3 bowel movements per week
 - ▶ Needing to push harder during a bowel movement
 - ▶ Sense of incomplete emptying of your bowels



Talk to your doctor if you are experiencing any of these symptoms so you can work together in managing your OIC.

Talking about Opioid Induced Constipation (OIC) can be uncomfortable, but talking to your doctor earlier may help you better manage it

Pay attention to potential signs and symptoms of OIC using this guide from the time you start taking your opioid pain medicine.

- Doctors know that OIC is a real issue, but they might not know you are suffering from it
- You may need to try multiple medications, or even a prescription medication, to help manage your OIC

USE THESE QUESTIONS AS A GUIDE TO TALK TO YOUR DOCTOR

1. Since starting your opioid pain medication, have your bowel movements changed (less frequent, more straining, sense of incomplete emptying, dry hard stool)?

Yes No

2. Since starting your opioid pain medication, how many bowel movements do you typically have in a week?

0-3 4-7 8+

3. Here is what I've tried over time to relieve any potential symptoms of OIC (For example, lifestyle and dietary changes such as increased movement, fiber, or liquids).

4. I have tried or been trying the following over-the-counter (OTC) laxatives such as:

- Miralax® Senakot®
 Dulcolax® Stool Softener (for example Colace®)
 Eversa Fiber (Metamucil®, Benefiber®, etc)
 Other: _____

Prescription medications are available that treat the underlying cause of OIC. Talk to you doctor if OTC medications are not providing enough relief.