



**IBSRELA**<sup>®</sup>  
(tenapanor) tablets  
50 mg

## WELCOME TO IBSRELA

**By starting IBSRELA, you've taken an important step toward managing your IBS-C symptoms.**

IBSRELA is a prescription medication that works differently to relieve constipation, belly pain, and bloating in adults with irritable bowel syndrome with constipation (IBS-C).

### What is IBSRELA?

IBSRELA (tenapanor) is a prescription medicine used in adults to treat irritable bowel syndrome with constipation (IBS-C). **It is not known if IBSRELA is safe and effective in children less than 18 years of age.**

### IMPORTANT RISK INFORMATION

- **Do not give IBSRELA to children who are less than 6 years of age. It may harm them.**
- You should not give IBSRELA to patients 6 years to less than 18 years of age. It may harm them. IBSRELA can cause severe diarrhea and your child could get severe dehydration (loss of a large amount of body water and salt).
- Do not take IBSRELA if a doctor has told you that you have a bowel blockage (intestinal obstruction).

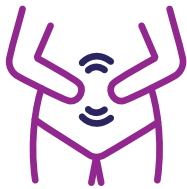
**Please see Boxed Warning and Medication Guide within the full Prescribing Information.**

## LET'S DO THIS



### IBSRELA starts working quickly to relieve IBS-C symptoms

Within **1 week of treatment**, most people taking IBSRELA **begin to experience relief** from:



- Constipation
- Bloating
- Belly pain
- Discomfort

Many people felt **more improvement as they continued treatment.**

### IBSRELA provides relief that lasts\*

When taken as directed, most people taking IBSRELA experience:

- **Additional improvement in belly pain** over the first **3 to 4 months of treatment**
- **Maintained improvements\*** in IBS-C symptoms **with continued use of IBSRELA**

Consistency is key—it's **important to keep taking IBSRELA as directed** by your healthcare provider to help manage your IBS-C symptoms.

\*Improvement seen through end of 26-week trial.

**IBSRELA provides relief from IBS-C symptoms, so you can get back to doing what you enjoy.**

### IMPORTANT RISK INFORMATION (cont'd)

**Before you take IBSRELA, tell your doctor about your medical conditions, including if you are:**

- Pregnant or plan to become pregnant. It is not known if IBSRELA will harm your unborn baby.
- Breastfeeding or plan to breastfeed. It is not known if IBSRELA passes into your breast milk. Talk with your doctor about the best way to feed your baby if you take IBSRELA.

**Tell your doctor about all the medicines you take,** including prescription and over-the-counter medicines, vitamins and herbal supplements.

**Please see Boxed Warning and Medication Guide within the full Prescribing Information.**

## WHY DIFFERENT MATTERS

The causes of IBS-C vary from person to person, so treatment is not a one size fits all. **IBSRELA works in a different way than other IBS-C medications.**

**IBSRELA relieves the symptoms of IBS-C by:**



Keeping water in the gut to help soften stool and help it move along, so you have more well-formed and regular bowel movements



Restoring gut barrier function\* to reduce belly pain



Lessening the activity of pain-sensing nerves in the intestine\* to reduce belly pain

\*This was seen in animal studies, and the relevance to humans is not known.

*"For me, IBSRELA has made a difference in my symptoms. I no longer feel bloating and pain like I did before."*

**Suzanne,**  
a retired nurse living with IBS-C



Hear more from Suzanne about how IBSRELA made a difference for her<sup>†</sup>

Scan or click here

<sup>†</sup>Individual results and experiences may vary.

## IMPORTANT RISK INFORMATION (cont'd)

### Side Effects

**Diarrhea is the most common side effect of IBSRELA, and it can sometimes be severe. Stop taking IBSRELA and call your doctor if you develop severe diarrhea.**

Other common side effects of IBSRELA include swelling, or a feeling of fullness or pressure in your abdomen (distension), gas (flatulence), or dizziness.

**Please see Boxed Warning and Medication Guide within the full Prescribing Information.**

## GETTING STARTED WITH IBSRELA



### How to take IBSRELA

You should take one IBSRELA 50-mg tablet twice a day:

Just before breakfast

Just before dinner



### Things to keep in mind when taking IBSRELA:

- If you miss a dose, skip the missed dose, and take the next dose at the regular time
- Do not take 2 doses of IBSRELA at the same time
- Talk to your healthcare provider if you have questions about taking IBSRELA



### Common side effects of IBSRELA:

- Diarrhea is the most common side effect experienced by those taking IBSRELA. If diarrhea occurs with IBSRELA, it tends to be mild-to-moderate and typically goes away within one week
- Stop taking IBSRELA and call your healthcare provider if you experience severe diarrhea while taking IBSRELA
- Other common side effects of IBSRELA may include swelling, or a feeling of fullness or pressure in your belly, gas, and dizziness
- If you experience side effects, talk to your healthcare provider about ways you can manage them

### Need help getting IBSRELA?



ArdelyxAssist is here for you.

**Call us at 844-427-7352, option 1**

if you have any questions or need support with IBSRELA access or affordability.

### IMPORTANT RISK INFORMATION (cont'd)

These are not all the possible side effects of IBSRELA. Call your doctor for medical advice about side effects.

You may report side effects to FDA at 1-800-FDA-1088. You may also report side effects to [www.fda.gov/medwatch](http://www.fda.gov/medwatch).

**Please see Boxed Warning and Medication Guide within the full Prescribing Information.**

# IBSRELA<sup>®</sup>

(tenapanor) tablets  
50 mg

## YOUR JOURNEY WITH IBSRELA STARTS NOW



Scan or click here

Connect with us!

### What is IBSRELA?

IBSRELA (tenapanor) is a prescription medicine used in adults to treat irritable bowel syndrome with constipation (IBS-C). **It is not known if IBSRELA is safe and effective in children less than 18 years of age.**

### IMPORTANT RISK INFORMATION

- **Do not give IBSRELA to children who are less than 6 years of age. It may harm them.**
- You should not give IBSRELA to patients 6 years to less than 18 years of age. It may harm them. IBSRELA can cause severe diarrhea and your child could get severe dehydration (loss of a large amount of body water and salt).
- Do not take IBSRELA if a doctor has told you that you have a bowel blockage (intestinal obstruction).

**Please see Boxed Warning and Medication Guide within the full Prescribing Information.**