

For adults with irritable bowel syndrome with constipation (IBS-C) or chronic idiopathic constipation (CIC)

.....
Trulance®
(plecanatide)



PURSUE ANOTHER LEVEL OF RELIEF

TRULANCE CAN HELP YOU HAVE

MORE

regular, well-formed
bowel movements†

LESS

IBS-C-related
stomach pain
and bloating*

LOW

incidence of
diarrhea

*Abdominal symptoms including bloating were studied in combination, not individually.
†In a clinical trial vs placebo.

What Is Trulance?

Trulance® (plecanatide) 3 mg tablets is a prescription medicine used in adults to treat Irritable Bowel Syndrome with Constipation (IBS-C) and Chronic Idiopathic Constipation (CIC). Chronic means the constipation is long lasting. "Idiopathic" means the cause of the constipation is unknown. **It is not known if Trulance is safe and effective in children less than 18 years of age.**

What is the most important information I should know about Trulance?

- Do not give Trulance to children who are less than 6 years of age. It may harm them.
- You should not give Trulance to children 6 years to less than 18 years of age. It may harm them.
- Do not take Trulance if a doctor has told you that you have a bowel blockage (intestinal obstruction).

Please see additional Important Safety Information, including **BOXED Warning**, throughout and click here for [full Prescribing Information with Medication Guide](#).

What is IBS-C or CIC?

Constipation is something that everyone has likely experienced at one time or another. But for some people, constipation can be more than just an occasional event.

Irritable bowel syndrome with constipation (IBS-C) and chronic idiopathic constipation (CIC) are conditions in which one experiences long periods of constipation.

Symptoms of IBS-C and CIC

Constipation symptoms may include:

- infrequent or hard-to-pass bowel movements
- bloating • straining • discomfort
- never really feeling empty

While IBS-C and CIC share many of these same symptoms, there are important differences between the two.



IBS-C

A condition in which patients suffer the symptoms listed above, in addition to stomach pain and bloating.

~5 MILLION

US adults have IBS-C—that's about **1 in 60** adults in the US

CIC

A condition in which patients suffer with the symptoms listed above for prolonged periods of time without a known cause.

"Chronic" means the constipation is long-lasting or keeps coming back. **"Idiopathic"** means the cause of constipation is unknown.

 **~25.4 MILLION** US adults are affected by chronic constipation

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The importance of stool form

The Bristol Stool Form Scale is a visual representation of the 7 different types of bowel movements that you can have.

- **Type 4 is considered a well-formed bowel movement, described as smooth, soft, sausage- or snake-shaped, and free of lumps or excess liquid**
- Type 1 or 2 is often considered constipation
- Type 6 or 7 is often considered diarrhea

BRISTOL STOOL FORM SCALE

Type 1

Separate hard lumps, like nuts. Hard to pass.



Type 2

Sausage-shaped but lumpy.



Type 3

Like a sausage but with cracks on surface.



Type 4

Like a sausage or snake, smooth and soft.



Type 5

Soft blobs with clear-cut edges.



Type 6

Fluffy pieces with ragged edges, a mushy stool.



Type 7

Watery, no solid pieces. Entirely liquid.



Adapted from Lewis SJ, Heaton KW. Stool form scale as a useful guide to intestinal transit time. *Scand J Gastroenterol.* 1997;32:920-924.

SELECT IMPORTANT SAFETY INFORMATION

Before you take Trulance, tell your doctor:

- If you have any other medical conditions.
- If you are pregnant or plan to become pregnant. It is not known if Trulance will harm your unborn baby.

Talk to your healthcare provider

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While it might seem awkward to talk about, telling your doctor which type or types of stools you typically have can help you both create a treatment plan that works for you and your body.

To help get the conversation started, let your doctor know:

1. Which of these constipation symptoms have you experienced?

Fewer than 3 bowel movements a week	Straining
Hard-to-pass bowel movements	Not feeling empty after a bowel movement
Stomach pain	Other
Bloating	

2. How long have you been trying to manage your symptoms?

0-6 months	2-4 years
6-12 months	4+ years
1-2 years	

3. Which stool types from the Bristol Stool Form Scale to the left have you most frequently experienced when not taking medication?

Type 1	Type 5
Type 2	Type 6
Type 3	Type 7
Type 4	

Then be sure to ask these simple questions:

1. What consistency should my stools be?
2. How many bowel movements per week should I be having?
3. Could Trulance help manage my constipation?

Want a more customized discussion tool?

Visit [Trulance.com/DDG](https://www.trulance.com/DDG) to create your personalized Doctor Discussion Guide.

Please see additional Important Safety Information, including **BOXED Warning**, throughout and click here for [full Prescribing Information with Medication Guide](#).

Why Trulance®?

Whether you've just been diagnosed or have been dealing with IBS-C or CIC for a while, Trulance can help you have:



MORE
regular, well-formed
bowel movements*



LESS
IBS-C-related stomach
pain and bloating†



LOW
incidence of diarrhea

To learn more, go to [Trulance.com](https://www.Trulance.com)

*Versus placebo (sugar-pill) group.

†Abdominal symptoms including bloating were studied in combination, not individually.

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Trulance can help you have relief from your symptoms:



MORE
regular, well-formed
bowel movements*

*Versus placebo (sugar-pill) group.

Trulance was tested on patients over a 12-week study period. Before entering the study:

- Patients had 2 bowel movements (any bowel movement) in a week. Trulance helped patients have 5 bowel movements in 1 week
- Patients had around 1 complete bowel movement (bowel movement resulting in feeling completely empty) in 3 weeks. Trulance helped people have 3 complete bowel movements in 1 week

Trulance helped people have "Normal" (smooth, soft, sausage- or snake-shaped) stools or bowel movements



LESS
stomach pain and bloating
for people with IBS-C†

†Abdominal symptoms including bloating were studied in combination, not individually.

SELECT IMPORTANT SAFETY INFORMATION

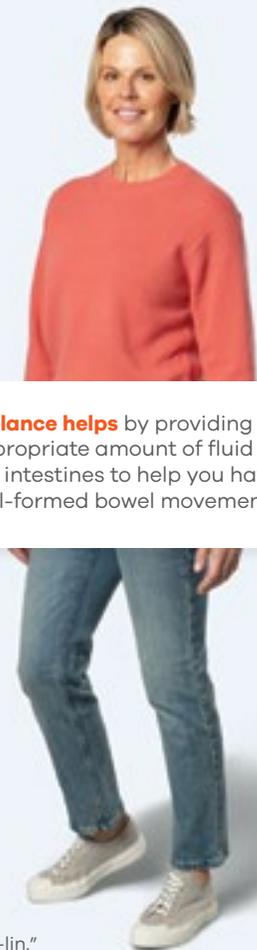
Before you take Trulance, tell your doctor (cont'd):

- If you are breastfeeding or plan to breastfeed. It is not known if Trulance passes into your breast milk. Talk with your doctor about the best way to feed your baby if you take Trulance.
- **About all the medicines you take**, including prescription and over-the-counter medicines, vitamins, and herbal supplements.

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How does Trulance work, and what makes it different?

Trulance is the only medication for IBS-C and CIC that is nearly identical to uroguanylin,[‡] a peptide (building block of protein) that occurs naturally in your body.



Trulance helps by providing the appropriate amount of fluid in the intestines to help you have a well-formed bowel movement

[‡]Pronounced “yur-oh-gwah-nih-lin.”

SELECT IMPORTANT SAFETY INFORMATION

What are the common side effects of Trulance?

Diarrhea is the most common side effect and can sometimes be severe. Diarrhea often begins within the first 4 weeks of Trulance treatment. Stop taking Trulance and call your doctor right away if you get severe diarrhea.

These are not all the possible side effects of Trulance. Tell your doctor if you have any side effect that bothers you or that does not go away.

To learn more, go to [Trulance.com](https://www.trulance.com)

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Trulance[®]
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Trulance replicates what bodies may do naturally[§]

To best understand how uroguanylin works, let's take a closer look at what happens in your body during the process of digestion.

- After you eat, **food is broken down** in the stomach and the intestines
- In the process of digestion, **fluid helps to form the consistency of the stool**
- **When there is too little fluid, it may result in constipation**, while too much may result in diarrhea
- **Uroguanylin works best in the small intestine**, where—based on the changing pH levels—it provides the right amount of fluid to create well-formed stool[§]



Uroguanylin

has also been shown to reduce stomach pain[§]

How do Trulance and uroguanylin differ?

Trulance is very similar to naturally occurring uroguanylin, with exception of a single small molecular difference that improves how Trulance attaches in the small intestine.

[§]This activity was seen in animal studies. The relevance to humans is not yet known.

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What do I need to know before taking Trulance?

Trulance is a once-daily medication for adults with IBS-C or CIC



Once-daily tablet



Any time of day



With or without food

- Does not contain lactose or gluten

Trulance can be taken any time of the day, with or without food

You shouldn't have to plan your day around your medication. Trulance helps you take control of your schedule with flexible dosing.

Getting the most out of Trulance

For best results, it's important to take Trulance every day or as directed by your doctor.



Trulance can help provide relief from your chronic constipation in as little as 24 hours.*

*In clinical studies, more patients had bowel movements with Trulance vs placebo. The results were seen without the use of laxatives.

Remember that results can vary and relief can happen more quickly for some people than for others.

The safety of Trulance has been well studied

Less than or equal to 5% of people experienced diarrhea versus 1% in placebo group.

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You are encouraged to report side effects to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088 or you can report side effects to Bausch Health at 1-877-361-2719.

Please see additional Important Safety Information, including BOXED Warning, throughout and click here for [full Prescribing Information with Medication Guide.](#)

To learn more, go to Trulance.com

Trulance Savings Card

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Eligible,* commercially insured patients may pay as little as \$25 for up to a 90-day supply of Trulance with the Savings Card program.



Need help paying for your prescription?

Contact 888-869-8869 to see if you are eligible for additional financial assistance support.

*See terms and conditions on back cover.



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Eligible,* commercially insured patients may have a copay as low as \$25 for up to a 90-day supply

Pay as little as \$25* for up to a 90-day supply



To get your Trulance Savings, simply do the following:

- 1.** Get a prescription for Trulance
- 2.** Obtain a Trulance savings card from your doctor's office or print a card at Trulance.com/Savings
- 3.** Follow the instructions at Trulance.com/Savings to activate your card



Scan the code to visit Trulance.com/savings

***TERMS AND CONDITIONS:** Patient is not eligible if he/she participates in, seeks reimbursement or submits a claim for reimbursement to any federal or state healthcare program with prescription drug coverage, such as Medicaid, Medicare, Medigap, VA, DOD, TRICARE, or any similar federal or state healthcare program (each a Government Program), or where prohibited by law. Patient must be enrolled in, and must seek reimbursement from or submit a claim for reimbursement to, a commercial insurance plan. Offer excludes full-cash-paying patients. To qualify for this offer, the patient's out-of-pocket expense must be a minimum of \$25 per prescription. Maximum savings limit applies; patient out-of-pocket expense may vary. Must be 18 years of age or older and under the age of 65 to participate in the program. This offer is good only in the US and Puerto Rico and is void where prohibited by law. Please see full program terms, conditions, and eligibility criteria at Trulance.com. Offer is valid for up to 12 prescription fills per year.

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