Irritable Bowel Syndrome (IBS) Patient Discussion Guide

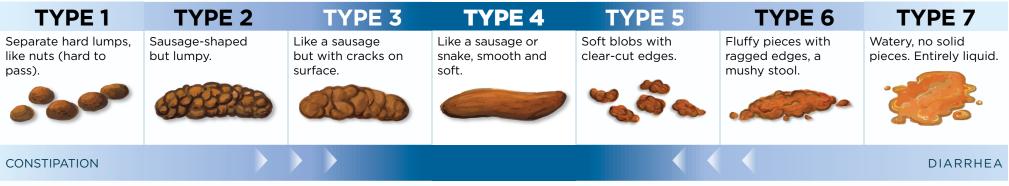
Learn about IBS-C (with constipation), Chronic Idiopathic[†] Constipation (CIC) and IBS-D (with diarrhea)

Let's get the discussion started!

While it might seem awkward to talk about, having a discussion with your Health Care Provider about which type(s) of stool you typically have can help you both create a treatment plan that works for you and your body.

Question:

Which type(s) of stool from the Bristol Stool Form Scale have you most frequently experienced when not taking a medication?



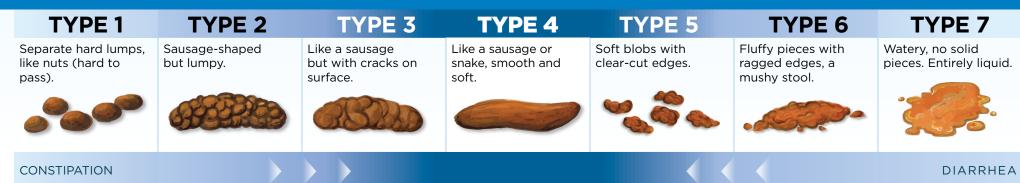
In addition to evaluating your stool form, stool frequency, and related symptoms, your health care provider may also perform a physical evaluation as well as order laboratory tests to rule out any other potential conditions as appropriate.

It may be helpful to know that a study demonstrated 97% accuracy in diagnosing IBS through symptom-based criteria.



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Discussion Questions:

Which of these constipation symptoms have you experienced?

 Fewer than 3 bowel movements a week
 Hard-to-pass bowel movements

□ Abdominal pain

- □ Straining
- Not feeling empty after a bowel movement
 Other

How long have you been trying to manage your symptoms?

- \Box 0-6 months
- \Box 6-12 months
- \Box 1-2 years

 \Box 2-4 years \Box 4+ years

Which types of stool from the Bristol Stool Form Scale above have you most frequently experienced when not taking medication?

- □ Type 1
- □ Type 2
- □ Type 3
- □ Type 4







Click or scan with your phone to learn about an IBS-C/CIC treatment that may be right for you

Discussion Questions:

Have you experienced abdominal pain at least 1 day per week for the past three months associated with two or more of the following

- $\hfill\square$ Defecation
- □ Change in stool frequency
- □ Change in stool form

Which of these symptoms have you experienced?

- □ Abdominal Pain
- 🗆 Diarrhea
- □ Abdominal Pain & Diarrhea

How long have you been trying to manage your symptoms?

- □ 0-<6 mos
- □ 6 mos-12 mos
- \Box 1-2 years
- \Box 2-3 years
- \Box 4+ years

Use the 25% Rule: <25% hard lumpy stool and >25% loose watery stool

Click or scan with your phone to learn about an IBS-D treatment that may be right for you



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