

# ENOUGH is ENOUGH: Make talking about diarrhea easier

Talking about diarrhea isn't easy, but having diarrhea is certainly worse. That's where this guide can help. Simply fill it out and share it with your doctor. That can help get the conversation—and possibly the relief—started.

**You don't have to just cope with diarrhea—planning your life around it. There may be a treatment option you and your doctor can consider.**

## How often do you have diarrhea?

I have diarrhea about \_\_\_\_\_ times each week/month.  
(how many?) (circle one)

## How long have you had diarrhea?

I have been having diarrhea for about \_\_\_\_\_ months/years.  
(how many?) (circle one)

## Check any of the following statements that are true for you because of diarrhea:

- I have had to stop what I was doing to rush to the bathroom.
- I plan my daily activities so I have a bathroom nearby.
- I sometimes need to eat less, or limit or avoid certain foods.
- I sometimes miss social activities.
- Long trips are difficult for me.
- I avoid strenuous activity.
- I have less sexual desire or sexual activity is difficult.
- I worry about losing control of my bowels.
- Other \_\_\_\_\_

## I have tried the following treatments:

Treatment	Length of Time
_____	_____
_____	_____
_____	_____

- Yes, I would like to talk about whether Mytesi is a treatment option for me.**

## What is Mytesi (crofelemer)?

Mytesi is a prescription medicine that helps relieve symptoms of diarrhea not caused by an infection (noninfectious) in adults living with HIV/AIDS who are on antiretroviral therapy (ART).

## Important Safety Information

Mytesi is not approved to treat infectious diarrhea (diarrhea caused by bacteria, a virus, or a parasite). Before starting you on Mytesi, your healthcare provider will first be sure that you do not have infectious diarrhea. Otherwise, there is a risk you would not receive the right medicine and your infection could get worse. In clinical studies, the most common side effects that occurred more often than with placebo were upper respiratory tract (sinus, nose, and throat) infection (5.7%), bronchitis (3.9%), cough (3.5%), flatulence (3.1%), and increased bilirubin (3.1%).

**Please see Important Patient Information on reverse side and complete Prescribing Information at [Mytesi.com](http://Mytesi.com).**

**Mytesi**<sup>®</sup>  
(crofelemer) 125 mg  
delayed-release tablets

**RELIEF, PURE AND SIMPLE**

## IMPORTANT PATIENT INFORMATION

This is only a summary. See complete Prescribing Information at Mytesi.com or by calling 1-844-722-8256. This does not take the place of talking with your doctor about your medical condition or treatment.

### What Is Mytesi (crofelemer)?

Mytesi is a prescription medicine used to improve symptoms of noninfectious diarrhea (diarrhea not caused by a bacterial, viral, or parasitic infection) in adults living with HIV/AIDS on ART.

**Do Not Take Mytesi** if you have diarrhea caused by an infection. Before you start Mytesi, your doctor and you should make sure your diarrhea is not caused by an infection (such as bacteria, virus, or parasite).

### Possible Side Effects of Mytesi Include:

- Upper respiratory tract infection (sinus, nose, and throat infection)
- Bronchitis (swelling in the tubes that carry air to and from your lungs)
- Cough
- Flatulence (gas)
- Increased bilirubin (a waste product when red blood cells break down)

For a full list of side effects, please talk to your doctor. Tell your doctor if you have any side effect that bothers you or does not go away.

**You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch) or call 1-800-FDA-1088.**

### Should I Take Mytesi If I Am:

#### Pregnant or Planning to Become Pregnant?

- Studies in animals show that Mytesi could harm an unborn baby or affect the ability to become pregnant
- There are no studies in pregnant women taking Mytesi
- This drug should only be used during pregnancy if clearly needed

### A Nursing Mother?

- It is not known whether Mytesi is passed through human breast milk
- If you are nursing, you should tell your doctor before starting Mytesi
- Your doctor will help you to decide whether to stop nursing or to stop taking Mytesi

### Under 18 or Over 65 Years of Age?

- Mytesi has not been studied in children under 18 years of age
- Mytesi studies did not include many people over the age of 65. So it is not clear if this age group will respond differently. Talk to your doctor to find out if Mytesi is right for you

### What Should I Know About Taking Mytesi With Other Medicines?

If you are taking any prescription or over-the-counter medicine, herbal supplements, or vitamins, tell your doctor before starting Mytesi.

### What If I Have More Questions About Mytesi?

For more information, please see the full Prescribing Information at Mytesi.com or speak to your doctor or pharmacist.

To report side effects or make a product complaint or for additional information, call 1-844-722-8256.



### Rx Only

Manufactured by Patheon, Inc.  
for Napo Pharmaceuticals, Inc.  
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Mytesi comes from the *Croton lechleri* tree harvested in South America.