YOUR GUIDE TO **RELIEF**



How to have **helpful discussions** about hard-to-discuss topics

RETHINK

It's time to **think differently** about chronic diarrhea and how it affects you.

1 in 5
People Living with HIV



Experience **Chronic Diarrhea**[1]

HIV or its treatment can cause long-term damage to the gastrointestinal (GI) tract, resulting in an imbalance of salts and water in the GI tract, which causes diarrhea.[2]

RECOGNIZE

Finding relief from chronic diarrhea is possible. Start by completing our questionnaire on the following pages and sharing the results with your healthcare provider. This will help guide a discussion about how diarrhea affects your life.

Choose your stool types and note how often you have them.

CONSTIPATION

1



Separate hard lumps, like nuts

_____ **daily/weekly/monthly**
(how many?) (circle one)

2



Lumpy and sausage-like

_____ **daily/weekly/monthly**
(how many?) (circle one)

NORMAL

3



A sausage shape with cracks in the surface

_____ **daily/weekly/monthly**
(how many?) (circle one)

4



Like a smooth, soft sausage or snake

_____ **daily/weekly/monthly**
(how many?) (circle one)

DIARRHEA

5



Soft blobs with clear-cut edges

_____ **daily/weekly/monthly**
(how many?) (circle one)

6



Mushy consistency with ragged edges

_____ **daily/weekly/monthly**
(how many?) (circle one)

7



Liquid consistency with no solid pieces

_____ **daily/weekly/monthly**
(how many?) (circle one)

Adapted from the Bristol Stool Form Scale



I have diarrhea _____ times a day/week. *(how many?)*
(circle one)

I have had diarrhea about _____ times a day/week. *(how many?)*
(circle one)

Choose all the ways that you've been affected by diarrhea.

- ☐ I've had to stop what I was doing to rush to the bathroom.
- ☐ I plan my daily activities around the nearest bathroom location.
- ☐ I have less sexual desire, or sexual activity is difficult.
- ☐ I feel anxious or depressed about how diarrhea is impacting my life.
- ☐ I worry about losing control of my bowels.
- ☐ I sometimes need to eat less or limit and/or avoid certain foods.
- ☐ I've missed follow-up medical appointments.
- ☐ I sometimes miss work and/or social activities.
- ☐ I find long trips to be difficult.
- ☐ I avoid strenuous activities.
- ☐ Other _____

I have tried the following medicine to relieve my diarrhea: _____

I took this medicine for_____ days/weeks/months. *(how many?)*
(circle one)

The medicine relieved my diarrhea.

☐ Yes ☐ No

The medicine caused constipation and side effects that interfered with my life.

☐ Yes ☐ No

I have tried the following medicine to relieve my diarrhea: _____

I took this medicine for_____ days/weeks/months. *(how many?)*
(circle one)

The medicine relieved my diarrhea.

☐ Yes ☐ No

The medicine caused constipation and side effects that interfered with my life.

☐ Yes ☐ No

RESPOND

You don't have to just **"deal with diarrhea."**

You deserve relief from noninfectious HIV-related chronic diarrhea. So bring this brochure to your next appointment and share your response to the questionnaire on the previous page with your healthcare provider—then partner with them to find the right treatment for you.



Indication and Usage

Mytesi is indicated for symptomatic relief of non-infectious diarrhea in adult patients with HIV/AIDS on anti-retroviral therapy.

Please see Full Prescribing Information for Mytesi in the pocket.

Mytesi® (crofelemer) 125 mg delayed-release tablets

RESTORE.* RELIEF.



Reduce HIV-related diarrhea for the **long term**.

* Mytesi's (crofelemer) mode of action helps restore the balance of fluid and electrolytes in the GI tract.

Talk to your healthcare provider and see if Mytesi is the right treatment option for you. To learn more, visit **Mytesi.com**.

Important Safety Information

Mytesi (crofelemer) 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 (6%), bronchitis (4%), cough (4%), flatulence (3%), and increased bilirubin (3%).

Discover the benefits of

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References: 1. Gehrig M, Clay P, Perry R, et al. Actual versus perceived use of pharmacokinetic (primarily absorption) influential OTC agents and ART tolerability in a nationwide matched cohort of HIV patients and their healthcare providers. Presented at: ID Week 2016; October 28, 2016; New Orleans, LA. Abstract 1514. **2.** Brenchley JM, Douek DC. HIV infection and the gastrointestinal immune system. *Mucosal Immunol.* 2008;1(1):23-30.

Manufactured by Napo Pharmaceuticals, Inc.
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Mytesi®
(crofelemer) 125 mg
delayed-release tablets