

## Patient Education

### Message from a Perigon Pharmacist

"IBSRELA side effects are most common during the first few months. We're here to support you through this initial period until the side effects become more manageable.

### Message from a Perigon Patient

"Perigon Pharmacy is great to work with. They have wonderful staff. I appreciate their ongoing support as they have a team to text with, which is unlike my other pharmacy."

### IBS Recommendations

Your doctor may recommend changes in your diet to help treat symptoms of (IBS) irritable bowel syndrome

Changes may include eating more fiber, avoiding gluten, or following a special diet called the low FODMAP diet. Different changes may help different people with IBS\*

**Drink plenty of water. Water keeps your GI tract lubricated and can help treat or prevent constipation\*\***

\*SOURCE: [niddk.nih.gov/health-information/digestive-diseases/irritable-bowel-syndrome](https://niddk.nih.gov/health-information/digestive-diseases/irritable-bowel-syndrome)  
\*\*SOURCE: [my.clevelandclinic.org/health/diseases/4342-irritable-bowel-syndrome-ibs](https://my.clevelandclinic.org/health/diseases/4342-irritable-bowel-syndrome-ibs)

Please watch a short video from your pharmacy team



Scan QR Code to Watch Video

**Perigon**  
PHARMACY THREE SIXTY

[www.perigonpharmacy.org](https://www.perigonpharmacy.org)

**Disclaimer:** This information is for general purposes only and should not replace professional medical advice; please consult your healthcare provider before making any changes to your diet or medication.

## IBSRELA (tenapanor)

### Directions

Take 1 tablet by mouth, 10 minutes prior to breakfast and 1 tablet by mouth 10 minutes prior to dinner with a full glass of water.

### Side Effects

- Diarrhea
- Flatulence
- Dizziness
- Abdominal distension (abdomen abnormally swollen outward)

### Storage Requirements

Store in the original container at a room temperature between 68 and 77 degrees F (20 and 25 degrees C).

Protect from moisture and keep the container tightly closed and in a dry place.

### What happens if I miss a dose?

If you miss a dose, skip the missed dose and take the next dose at the regular time. Do not take 2 doses at the same time.



The pharmacists at Perigon Pharmacy 360 are here to help and support you.

Contact us today, to learn more about Perigon's Clinical Concierge service.

Call: 844-698-2533  
Monday-Friday 9AM - 6PM EST

[www.perigonpharmacy.org](http://www.perigonpharmacy.org)

## Clinical Concierge

We take the time to know you, to understand what you need, and to support you every step of the way.



24/7 Dedicated Clinical Pharmacy Team



Monthly Survey Questionnaire Check-ins



Text Message Communication Services



Supporting you between doctor visits

Perigon Clinical Concierge 4:05pm

Hey this is Chris your Perigon Pharmacist, I'll be checking in on you each week to see if your medication is working for you. How has it been this week?

Perigon Patient 6:35pm

I think I'm doing ok, just a few side effects this month. I provided more in the monthly survey.

## Expectations/Requirements

1. At Perigon Pharmacy we support you in a unique way by using a personalized concierge service, at no additional cost to you!
2. We ask you a few extra questions monthly, to make sure your medication is working as expected.
3. Our team will engage with you through text messaging and phone calls at times convenient for you.
4. We will ask you to answer some simple survey questions to check-in and support your progress. Please share as much information with us, so we can better support you.
5. We will repeat this process monthly, to help you continue to trend in the right direction.
6. You can expect a text message survey LINK from PERIGON. You can also download the Medesto App from the QR code below to.



Download the Medesto App Here

