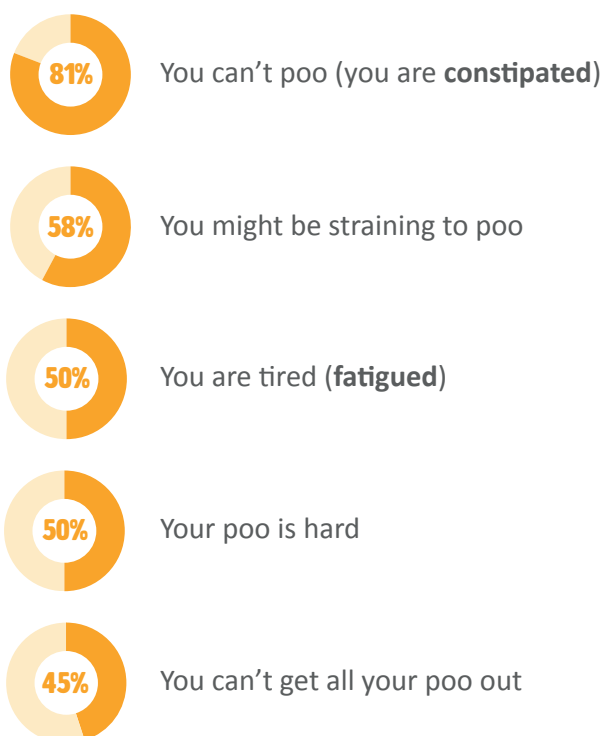


UNPAUSE THE GUT LET'S TALK ABOUT OIC



ONE IN THREE PEOPLE TAKING OPIOIDS WILL EXPERIENCE OIC – IT'S MORE COMMON THAN YOU THINK¹

You might have OIC if you have been taking an opioid medication for a long time and you are having trouble going to the toilet. In a survey of over 300 people taking opioids, the following results were found:



*Experienced by ≥30% of patients.¹

HOW DO YOU FEEL ABOUT OIC?

The survey also asked about how OIC can make you feel.² Some people would rather suffer than risk their pain medication changing.³⁻⁵

9 IN 10
PEOPLE FEEL FRUSTRATED
BY THEIR SYMPTOMS

49%
SAID THEY FEEL EMBARRASSED
TO TALK ABOUT OIC

5 IN 10
PEOPLE FEEL ANGRY
OR DEPRESSED

3 IN 10
PEOPLE SAID THEY HAVE
LOW SELF-ESTEEM

41%
SAID THEY FEEL
ISOLATED BY OIC



BETTER CONVERSATIONS LEAD TO BETTER DIAGNOSIS^{2,6}

If you find it hard to talk to your healthcare professional then you aren't alone. It can feel embarrassing at first, but it will help you to get the treatment that you need.

"I felt too embarrassed to talk to my doctor about my constipation"

"I'm worried that if I say something then my pain medication will change"

"I didn't have enough time to tell my doctor about my constipation"

OIC, opioid-induced constipation.

1. Bell TJ, et al. Pain Med 2009;10:35–42. 2. Rauck RL, Pain Pract 2017;17:329–35. 3. Panchal SJ, et al. Int J Clin Pract 2007;61:1181–7. 4. Morlion B, et al. Clin Drug Investig 2015;35:1–11.

5. Dhingra L, et al. Pal Med 2012;27:447–56. 6. LoCasale RJ, et al. J Manag Care Spec Pharm 2016;22:236–45

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