

## What is Linzess?

Linzess is a medication that is for treating adults (over the age of 18) with Irritable Bowel Syndrome with Constipation (IBS-C) and for Chronic Idiopathic Constipation (CIC). “Idiopathic” means the cause of your constipation is unknown. Linzess helps relieve the stomach pain and constipation of IBS-C and CIC. This includes hard and infrequent stools, pain, and incomplete bowel movements.

Linzess is available only by prescription. It is a capsule that comes in three doses:

- IBS-C: 290 micrograms once daily
- CIC: 72 mcg once daily
- 145 mcg once daily.

You doctor may adjust your dose based on your symptoms.



## How do I take Linzess?

Take your Linzess on an empty stomach 1-2 hours before eating your first meal of the day. Swallow the capsules whole, do not break or chew the capsule.

## **How do I store Linzess?**

Store it at room temperature (68°F to 77°F) in the bottle it comes in. Keep the bottle tightly closed, in a dry place, and keep the desiccant packet (the drying agent) in the bottle.

## **What are the side effects?**

Linzess works mainly in the intestines. For this reason, most of the side effects are related to your stomach and intestines (known as your gastrointestinal system). The most common side effect is diarrhea. It can be severe, and it often begins within the first two weeks. **Notify your provider** if you develop severe diarrhea.

Other side effects are:

- gas
- stomach-area (abdominal) pain
- swelling
- feeling of fullness or pressure in your abdomen (bloating)

## **When should I call my doctor?**

**Call your doctor or go to the nearest hospital emergency room** right away if you develop unusual or severe stomach-area (abdominal) pain, especially if you also have bright red, bloody stools or black stools that look like tar.

## **Is Linzess covered by my insurance?**

Linzess is not covered by some insurance programs. In some cases, you may need to send a prior authorization to your insurance company for approval. Prior authorization is the decision made by your health insurer that your medication is necessary after talking to your doctor. Linzess can be expensive or have a large co-payment, for a savings card visit the Linzess website:

<https://www.linzess.com/steps-toward-relief/save-on-linzess>.

Disclaimer: This document contains information and/or instructional materials developed by Michigan Medicine for the typical patient with your condition. It may include links to online content that was not created by Michigan Medicine and for which Michigan Medicine does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

Author: Terri O'Neill RN, BSN  
Reviewer: Jenifer Crawford RN, BSN

Patient Education by [Michigan Medicine](#) is licensed under a [Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International Public License](#). Last Revised 03/2021