

Trulance is a prescription medicine used in adults to treat a type of constipation called Chronic Idiopathic Constipation (CIC). **Chronic idiopathic constipation** is a diagnosis given to those who experience persistent constipation and for whom there is no known cause (structural or biochemical). Trulance® works locally in the upper gastrointestinal (GI) tract to stimulate secretion of intestinal fluid and support regular bowel function. It also helps relieve abdominal (stomach) pain. It does this by replicating the activity of uroguanylin, a chemical this is naturally secreted during digestion.

How do I take Trulance?

Trulance is a 3 mg pill taken orally once daily with or without food.

- If you miss a dose, skip it and take the next dose at your regular time. Do not take 2 doses at the same time.
- You can take Trulance at any time during the day.
- Swallow Trulance whole, **do not crush it**. If you cannot swallow a pill, there are other instructions for taking it, please let us know if you need this information.

What if I cannot swallow a pill?

If you cannot swallow a pill see the other options below for taking Trulance. For adults with swallowing difficulties, Trulance tablets can be crushed and taken by mouth either in applesauce or with water. They can also be taken with water through a nasogastric or gastric feeding tube. Mixing Trulance crushed tablets in other soft foods or in other liquids has not been tested.

Oral administration in applesauce

1. In a clean container, crush the Trulance tablet to a powder and mix with 1 teaspoon of room temperature applesauce.
2. Consume the entire tablet-applesauce mixture immediately. Do not store the mixture for later use.

Oral administration in water

1. Place the Trulance tablet in a clean cup.
2. Pour approximately 30 mL of room temperature water into the cup.
3. Mix by gently swirling the tablet and water mixture for at least 10 seconds. The Trulance tablet will fall apart in the water.
4. Swallow the entire contents of the mixture immediately.
5. If any portion of the tablet is left in the cup, add another 30 mL of water to the cup, swirl for at least 10 seconds, and swallow immediately.
6. Do not store the tablet-water mixture for later use.

Administration with water via a nasogastric or gastric feeding tube

1. Place the Trulance tablet in a clean cup with 30 mL of room temperature water.
2. Mix by gently swirling the tablet and water mixture for at least 15 seconds. The Trulance tablet will fall apart in the water.
3. Flush the nasogastric or gastric feeding tube with 30 mL of water using a catheter tip syringe.
4. Draw up the mixture using the syringe and immediately administer via the nasogastric or gastric feeding tube. Do not store for future use.
5. If any portion of the tablet is left in the cup, add another 30 mL of water to the cup, swirl for at least 15 seconds, and using the same syringe, administer via the nasogastric or gastric feeding tube.
6. Using the same or a fresh syringe, flush the nasogastric or gastric feeding tube with at least 10 mL of water.

What are the possible side effects?

Diarrhea is the most common side effect and can be severe. You may have to be rehydrated. Diarrhea often begins within the first 4 weeks.

Stop taking Trulance and contact us if you develop severe diarrhea. You may need to stop taking the medication.

How do I store Trulance?

- Store Trulance at room temperature between (68° - 77° F).
- Keep it in a secure place and 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.
- The Trulance bottle contains a polyester coil to help protect the tablets during shipping. Remove the polyester coil from the bottle and throw it away when you are ready to start taking Trulance.

You should not use Trulance if:

- Children younger than 6 years of age should not use Trulance. It is not known if Trulance® is safe and effective in children less than 18.
- If you have a bowel blockage (obstruction).
- If you are pregnant or plan to become pregnant.
- If you are breastfeeding or plan to breast feed it is unknown whether it effects breast milk.

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
Reviewers: 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