

Zelnorm (tegaserod) is a medication for women under 65 with irritable bowel syndrome with constipation (IBS-C).

How do I take Zelnorm?

Zelnorm (tegaserod) is available only by prescription. You will take one 6mg pill twice per day at least 30 minutes before a meal.

What are the possible side effects?

The most common side effects are:

- Diarrhea
- Headaches
- Abdominal (belly) pain
- Nausea
- Gas
- Indigestion
- Dizziness
- May increase the risk of suicidal thoughts and behavior

Do not take Zelnorm (tegaserod) if you:

- Had a heart attack, stroke, transient ischemic attack (TIA), or angina (chest pain).
- Had inflammation and injury of the intestines caused by reduced blood flow to the intestines (ischemic colitis).
- Severe kidney problems or end- stage kidney disease.
- Moderate or severe liver problems.
- Had an intestinal blockage (bowel obstruction), gallbladder problems that cause symptoms, or scar tissue that formed between the tissues of the abdomen and other organs in the abdomen.

- May have had a problem with the muscular valve that controls the flow of digestive juices (bile and pancreatic juice) to the first part of your intestine (sphincter of Oddi).
- An allergy to Zelnorm (tegaserod).

What should I do before taking Zelnorm (tegaserod)?

Tell your healthcare provider about all of your medical conditions, including if you:

- Currently smoke.
- Have or have had high blood pressure or are taking medicine to lower your blood pressure.
- Have or have had high blood cholesterol levels or are taking medicine to lower your blood cholesterol levels.
- Have or have had diabetes.
- Are having diarrhea or have diarrhea often.
- Are pregnant or plan to become pregnant. It is not known if Zelnorm (tegaserod) will harm your unborn baby.

Is Zelnorm covered by insurance?

Zelnorm (tegaserod) is not covered by some insurance programs. In some cases, a prior authorization can be sent to your insurance company for approval. Zelnorm (tegaserod) can also be expensive or have a large co-payment, there may be assistance available.

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