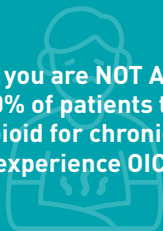


YOUR GUIDE TO TREATMENT WITH RIZMOIC® (NALDEMEDINE)

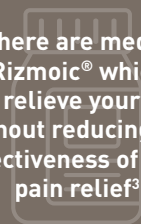
Rizmoic® contains the active substance naldemedine.¹ It is a medicine used in adults to treat constipation caused by pain medicines called opioids.¹

Opioid-induced constipation (OIC) is different from normal constipation; it is a side effect from your pain medication.¹ You may feel uncomfortable talking about it...

...but you are NOT ALONE. 40-80% of patients taking an opioid for chronic pain experience OIC²



And there are medicines like Rizmoic® which can help relieve your OIC... without reducing the effectiveness of your pain relief³



Rizmoic® can be used in patients using an opioid medicine for cancer pain or long-term non-cancer pain, after they have previously been treated with a laxative.¹

This leaflet explains how your medicine works and how to take it but is not a substitute for the Patient Information Leaflet (PIL) which you should read carefully.

WHAT IS OIC AND WHY IS IT DIFFERENT?

OIC is a medical term that describes constipation caused by pain medicines, called opioids.¹ OIC is a **type of constipation** that may not always be relieved by constipation treatment methods like laxatives, and other measures such as exercise and diet.²

The cause is specifically linked to opioid pain medication, because opioids slow the movement inside the gut (the digestive tract's motility).³

Your opioid pain medicine may cause the following symptoms:¹

- reduction in how often you pass stools
- hard stools
- stomach ache
- pain in the rectum when pushing hard stools out
- a feeling that the bowel is still not empty after passing stools

RIZMOIC® IS SPECIFICALLY FOR OIC¹



What is Rizmoic®?

Rizmoic® contains the active substance naldemedine.¹ It is used to treat adults with constipation caused by opioid pain medication (e.g morphine, oxycodone, fentanyl, tramadol, codeine, hydromorphone, methadone).¹



How does Rizmoic® work?

Rizmoic® is a type of medicine called a PAMORA (peripherally acting mu-opioid receptor antagonist) – PAMORAs help treat constipation caused by opioid pain medications by blocking opioid receptors specifically in the digestive system, without interfering with your pain relief.³



How do you take your medicine?

Always take it exactly as your doctor or pharmacist has told you, and check with them if you are not sure.¹



Image not to scale.

- Take it once daily around the same time each day with or without food
- You can take it with or without laxatives
- There is no need to alter the dose of your opioid medicine before starting your treatment



Are there any side effects?

Like all medicines, Rizmoic® can cause side effects, although not everybody gets them, and your first response will not be the same every time. Common side effects include diarrhoea, stomach pain, nausea (feeling sick) and vomiting.¹

Side effects should be reported – please see overleaf for details on how to do this.


HOW DO I KNOW IF RIZMOIC® IS WORKING?

It's a good idea to track your bowel movements by keeping a diary, so that you and your healthcare professional can monitor your progress while you are taking your medicine.

You can find your stool type using The Bristol Stool Chart, which shows pictures of poo based on consistency and shape and can be useful to identify constipation.


We recommend that you complete the diary at the end of each day.

Type 1



Separate hard lumps, like nuts (hard to pass)


Type 2



Sausage-shaped but lumpy


NORMAL

Type 3




Like a sausage but with cracks on the surface

Type 4




Like a sausage or snake, smooth and soft

Type 5




Soft blobs with clear-cut edges

Type 6



Fluffy pieces with ragged edges, a mushy poo

Type 7



Watery, no solid pices. Entirely liquid

Image reproduced from NHS⁴

Date	How many times in the day did you go?	How many hours after taking your medicine did you go?	What stool type was it?	Was there any straining?	Was there any pain? YES/NO	Did your bowels feel empty after going? YES/NO
Day 1					Y / N	Y / N
Day 2					Y / N	Y / N
Day 3					Y / N	Y / N
Day 4					Y / N	Y / N
Day 5					Y / N	Y / N
Day 6					Y / N	Y / N
Day 7					Y / N	Y / N
Day 8					Y / N	Y / N
Day 9					Y / N	Y / N
Day 10					Y / N	Y / N



This leaflet is for Rizmoic® to supplement the Patient Information Leaflet (PIL), it does not replace the important information in the PIL, which you should read carefully. A paper copy of the PIL can be found inside your medicine pack, and you can download an online version by scanning this QR code.

If you have any further questions, talk to your doctor, nurse or pharmacist.



Scan
to view the Patient
Information Leaflet

References:

1. Rizmoic® Patient Information Leaflet. 2. OIC Awareness Day. Available from: <https://www.oicawarenessday.com>. Accessed July 2025. 3. Guts UK website. Painkillers causing constipation and digestive symptoms. Available from: <https://gutscharity.org.uk/advice-and-information/symptoms/opioid-induced-bowel-dysfunction/>. Accessed July 2025. 4. Bristol Stool Chart. NHS. Available from: <https://www.england.nhs.uk/wp-content/uploads/2023/07/Bristol-stool-chart-for-carer-web-version.pdf>. Accessed July 2025.

SIDE EFFECTS SHOULD BE REPORTED

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet.

Please report side effects with any medicine or vaccines to the medicines regulator MHRA through the Yellow Card scheme. You can report via:

- the Yellow Card website www.mhra.gov.uk/yellowcard
- the free Yellow Card app available from the Apple App Store or Google Play Store

Alternatively, you can report side effects to the Yellow Card scheme by calling 0800 731 6789 for free, Monday to Friday between 9am and 5pm. You can leave a message outside of these hours.

When reporting please provide as much information as possible. By reporting side effects, you can help provide more information on the safety of this medicine.

You can also report directly to pv.uk@viatris.com

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