

What is Vibrant®?

Vibrant is an FDA-cleared, drug-free treatment. It has been proven to help patients with **chronic idiopathic constipation** (CIC) have more complete bowel movements. CIC is a common bowel disorder where you have difficult, infrequent (not as often as normal), or incomplete bowel movements. Vibrant is a vibrating capsule (pill) taken by mouth 5 times per week at bedtime.

How does Vibrant® work?

Vibrant's gentle vibrations work to stimulate (start movement in) your colon. The pre-programmed timing of the stimulation is thought to improve your body's natural colon movement. This helps give you constipation relief by increasing how many bowel movements you have and how often you have them.

How to use Vibrant®:

1. Place the pill in the pod (that comes with the pill) to turn it on.
2. Swallow the pill with a glass of water.



For the best experience, you can follow and keep track of your treatment using the Vibrant Companion app (by Vibrant Gastro, Inc.), which you can download to your smartphone or computer from an online app store.

You should not use Vibrant if:

- You have a history of **complicated or obstructive diverticular disease** (small sacs in your colon)
- You have a history of, or you think you might have, **obstruction** (some kind of block) in your small intestine or colon
- You currently have significant **gastroparesis** (your stomach is not able to empty itself)
- You have a history of significant gastrointestinal disorder, including any form of inflammatory bowel disease or gastrointestinal cancer, or **anal fissures** (tears in the lining of your anus) or **fistulas** (infected tunnel between your skin and anus)
 - If you have **celiac disease** (a digestive disorder from eating gluten), it is okay to use Vibrant if you have been treated and no longer experience symptoms.
- You have a history of **Zenker's diverticulum** (pouches in the lower part of the throat), **dysphagia** (trouble swallowing), **esophageal stricture** (abnormal tightening or narrowing in the throat), **eosinophilic esophagitis** (allergic condition in the throat) or **achalasia** (nerve damage in the throat that prevents swallowing)
- You are pregnant or **lactating** (producing milk in your breasts, or breastfeeding)

What are some possible side effects of Vibrant®?

- Stomach pain or discomfort
- Abdominal distension (swollen stomach)
- Vomiting
- Blood in your stool
- Flatulence (passing gas)
- Proctalgia (pain due to a spasm of your pelvic floor muscles)
- Nausea (this is rare)

- Diarrhea (this is rare)
- Obstruction (blockage) in the colon (this is rare)

How much does Vibrant® cost?

- If your insurance company decides that your Vibrant treatment is medically necessary (called **prior authorization**), then Vibrant will cost you \$69 every month.
- Without prior authorization, Vibrant costs \$89 every month.
- CarePoint Pharmacy (information below) will handle this prior authorization process for you.

How do I get Vibrant®?

You must get a prescription from your doctor for Vibrant. The prescription will be sent to a specialty pharmacy (the address is below), which will mail the Vibrant kit to your home. The pharmacy will reach out to you to talk about the cost and where to send it. The contact information for the pharmacy is below if you need it:

CarePoint Pharmacy
9 E. Commerce Drive
Schaumburg, IL 60173
Phone: (855) 237-9112

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