How drug is given: Injection into the vein (IV)

Purpose: To slow the growth of cancer cells in multiple myeloma and other cancers

Things that may occur during or within hours of treatment

- Mild to moderate nausea, vomiting, and loss of appetite may occur. You may be given medicine to help with this.

Things that may occur a few days to weeks later

1. Your blood cell counts may drop. This is known as bone marrow suppression. This includes a decrease in your:
   - Red blood cells, which carry oxygen in your body to help give you energy
   - White blood cells, which fight infection in your body
   - Platelets, which help clot the blood to stop bleeding

   If you have a fever of 100.5°F (38°C) or higher, chills, a cough, or any bleeding problems, tell your doctor or nurse right away.

2. If you develop a new or worsening cough or shortness of breath, report this to your doctor or nurse.

3. Your body may not be able to get rid of extra fluid. This is called edema. You may notice some swelling in your arms or legs.

4. Some patients may feel very tired, also known as fatigue. You may need to rest or take naps more often. Mild to moderate exercise can also be helpful in maintaining your energy.

5. Loose stools or diarrhea may occur. You may take loperamide (Imodium A-D®) to help control diarrhea. You may buy this at most drug stores. It is also important to drink more fluids (water, juice, sports drinks). If these do not help, tell your doctor or nurse.

6. Flu-like symptoms such as fever, chills, headache, muscle and/or joint aches are common. If these occur, your doctor may suggest taking acetaminophen (Tylenol®) to help control the symptoms. Please let your doctor or nurse know if acetaminophen (Tylenol) does not help, since other medications may be prescribed.
7. Mild constipation may occur after treatment begins. Please increase your fluid intake and increase fiber in your diet by eating fresh fruits and vegetables. A daily stool softener, such as docusate (Colace®) and/or laxatives such as senna (Senakot®) may be helpful. If these do not help within 48 hours, tell your doctor or nurse. Do not use bulk forming laxatives such as Metamucil® without talking with your doctor or nurse.

8. During treatment you may experience muscle pain or weakness, back pain/backache, or muscle spasm. Tell your doctor or nurse if this pain becomes bothersome or interferes with any of your daily activities.

9. You may lose some feeling, or have tingling or burning in your hands and/or feet. This is called peripheral neuropathy. This may increase with continued treatment. Please tell your doctor or nurse if you have trouble buttoning your clothes. Peripheral neuropathy should get better over time when the drug is stopped.

10. Your blood pressure may go up. If this happens, you may be given medication to help with this. If you have headaches or dizziness, let your doctor or nurse know right away.

11. You may have difficulty sleeping. Please talk to your doctor or nurse if you cannot sleep.

12. Some people’s risk of heart problems may become higher, including having a heart attack, heart failure or stroke. Call your physician and go to the emergency room if you are having chest pain, feel short of breath, heart is racing, changes in eyesight, a very bad headache or major weakness.

Things that may occur after treatment ends (even months to years later)

- **Fertility and Related Precautions:**
  - It is very important to use birth control if you are having sex, because this drug could be harmful to an unborn baby.
  - Women should not breast-feed while receiving this drug.
  - If you are concerned about any of this, please talk with your doctor or nurse.

The above information includes some, but not necessarily all, of the possible side effects of this medication. The side effects in this teaching sheet may not be the same ones you experience. Your side effects may be different, depending on how often you receive treatment (your schedule) and how much you receive each time (your dosage). Side effects may also vary if you take other medications. Please talk with your doctor or nurse if you have questions about possible side effects you may experience. This document should not take the place of conversations with members of your health care team.

If you experience any significant change in your health during or after treatment, contact a member of your health care team right away.