Pomalidomide (Pomalyst®)  
(“poe ma LID oh mide”)

How drug is given: By mouth

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

This medication is part of a Risk Evaluation Mitigation Strategy (REMS) program. FDA approved medication guides are required for all educational purposes. Please use the following link to access this required medication guide.

Please print out the document at this Web address (hold CTRL and click):
http://www.pomalystrems.com

How to take this drug

1. Take this medication on an empty stomach, at least 2 hours before or 2 hours after a meal.

2. Swallow capsules whole with a full glass of water; do not chew or open capsules.

3. Pomalidomide can interfere with many drugs, which may change how this works in your body. Talk with your doctor before starting any new drugs, including over-the-counter drugs, natural products, herbal supplements, or vitamins.

4. If you miss a dose, take it as soon as possible up to 12 hours after the time you would normally take it. However, if more than 12 hours have elapsed, skip the missed dose and go back to your regular dosing schedule. Do not double dose.

5. Wash hands after taking the medication. Avoid handling opened capsules.

Storage

• Store this medicine at room temperature, away from heat and moisture. Keep this medicine in its original container, out of the reach of children and pets.
Things that may occur during treatment

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. Mild to moderate nausea, vomiting, and loss of appetite may occur. Drugs to help with this may be given to you.

3. 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 (Senokot®), 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.

4. Loose stools or diarrhea may occur within a few days after the drug is started. 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.

5. 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.

6. Skin changes such as dryness, itching, or a rash on your body may occur. Ask your doctor or nurse what lotions or creams you may use.

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

8. 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.
9. If you develop a new or worsening cough or shortness of breath, report this to your doctor or nurse.

10. 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.

11. You are at increased risk of blood clots. If you have pain, swelling and/or warmth in one leg, or if you develop sudden shortness of breath let your doctor or nurse know right away.

12. Fertility and Related Precautions
   - It is very important to use two forms of 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.

Managing your oral chemotherapy schedule at home can be challenging. To help you with this, consider using tools to help you keep track of your schedule and any side effects you may have. You can find these tools online at www.dana-farber.org/OralChemoDiary.

THIS SPACE RESERVED FOR WRITTEN COMMENTS OR NOTES FOR THE PATIENT AND FAMILY: