



## 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):**

[www.pomalystrems.com](http://www.pomalystrems.com)

### How to take this drug

1. Take this medication with or without food.
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 medicines or herbal remedies, including over-the-counter drugs, natural products, herbal supplements, and 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 your hands after taking the medication. Avoid handling opened capsules.

### Storage

- Store at room temperature, away from heat and moisture.
- Keep this medicine in its original container, out of reach of children and pets.
- If you have unused oral chemotherapy pills (tablets or capsules), please return them to the pharmacy where the prescription was filled. Do not flush them down the toilet, dump in the sink, or throw away in the trash.

### Things that may occur during treatment



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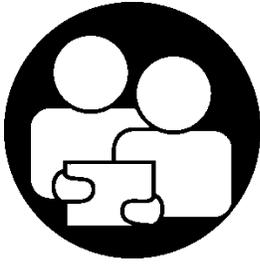
1. Your blood cell counts may drop. This is known as bone marrow suppression. This includes a decrease in your:
  - Red blood cells, which carry oxygen in your body to help give you energy
  - White blood cells, which fight infection in your body
  - Platelets, which help clot the blood to stop bleedingIf 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 (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 first 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 can 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, after the drug is stopped.
9. If you develop a new or worsening cough or shortness of breath, tell 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, tell your doctor or nurse right away.

12. Talk to your doctor if you smoke or decide to stop smoking. Cigarette smoking may reduce the effect of this drug.
13. Do not donate blood for at least 4 weeks after stopping this drug.
14. Fertility and Related Precautions
  - It is very important to use two forms of birth control if you are having sex, because this drug may be harmful to an unborn baby.
  - Males should not donate sperm while taking this drug.
  - Females should not get pregnant or breastfeed while taking this medication.
  - 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 listed 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 are taking other medications. Please speak with your cancer care team if you have questions about possible side effects you may experience. This document should not take the place of conversations with members of your cancer care team about your treatment and side effects you may experience during and after treatment. If you experience any significant change in your health during or after treatment, contact a member of your cancer 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](http://www.dana-farber.org/OralChemoDiary).

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



## Oral Chemotherapy Fact Sheet

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Oral chemotherapy medicines are given by mouth in the form of capsules, tablets, or liquid. These safety tips will help you understand what to do when you are taking oral chemotherapy.

**Please note:** If you are on a clinical trial, you may be given special instructions.

### How to take this drug

- Swallow each tablet or capsule whole. Do not break, crush, or chew.
- Prepare your drug away from food and food prep areas.
- If you miss a dose, take it as soon as possible. However, if it is almost time for your next dose, skip the missed dose and go back to your regular dosing schedule.
- Do not double the dose.
- If you are on a clinical trial, you will be given special instructions if you miss a dose.
- If you are unable to swallow the pill, speak with your nurse or pharmacist about other ways to take your medication.
- If you vomit or throw up your medication, call your physician for further instructions.
- Wash your hands after taking the medication. Avoid handling crushed or broken pills (tablets or capsules).

### Storage

- Most oral chemotherapy medicine is stored at room temperature, away from excess heat and moisture. You will be told if the medication you are taking needs special storage or handling.
- Keep this medicine in its original container, in a safe place, away from other family medications. All medications need to be kept out of the reach of children and pets.

## Disposal

- If you have unused oral chemotherapy pills (tablets or capsules), please return them to the pharmacy where the prescription was filled. Do not flush down the toilet, dump in the sink, or throw away in the trash.

## Safe handling of body waste in the home after chemotherapy

- Chemotherapy stays in the body for hours or even days, and is found in vomit, urine, stool, and sweat (body wastes). Special care must be taken to prevent the patient's body waste from coming into accidental contact with the patient or caregiver.

## Body wastes

### Patient and caregiver:

- You can use the toilet (septic tank or city sewage) as usual. There is no research to support double flushing to prevent accidental contact (although this may be suggested for certain medications). Ask your doctor or nurse what they suggest for your medication.
- Wash your hands well with soap and water after using the toilet. If urine, vomit, or stool gets on your body, wash with soap and water. Always wear gloves when cleaning equipment or disposing waste from a urinal or commode.
- Pregnant caregivers should **not** handle patient body waste.
- It is safe for family and friends to use the same toilet, as long as all body waste is cleaned from the toilet.
- To absorb urine or stool, use a disposable, plastic-backed pad, diaper, or sheet. Change it immediately when soiled. Then wash skin with soap and water.
- If you have an ostomy, you or your caregiver may want to wear gloves when emptying or changing appliances.

## Laundry

- Always wear disposable gloves when handling sheets or clothes that have been soiled with body waste.
- Soiled items should be kept and washed separately from the other laundry.

Oral chemotherapy is a serious drug that requires extra caution. If you have questions or concerns about your oral chemotherapy, do not hesitate to call your clinician. For more tips, tools and short videos to help you manage oral chemotherapy visit our web page at <http://www.dana-farber.org/oralchemo>

*The materials included on this page are for informational purposes only. The content is not intended as a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.*

