



For the Patient: Pomalidomide
Other names: POMALYST®

- **Pomalidomide** (poe" ma lid' oh mide) is a drug that is used to treat some types of cancer. It is a capsule that you take by mouth.
- Tell your doctor if you have ever had an unusual or **allergic reaction** to pomalidomide, lenalidomide, or thalidomide before taking pomalidomide.
- Before receiving pomalidomide you will be **registered** with the RevAid® Program, a distribution control program run by the manufacturer of pomalidomide.
- A **blood test** may be taken before each treatment. The dose and timing of your chemotherapy may be changed based on the test results and/or other side effects.
- If you are a woman and are able to bear children, a blood test to determine whether you are **pregnant** will be taken twice before starting pomalidomide treatment, weekly for the first 4 weeks of treatment, and then repeated every 4 weeks.
- Pomalidomide may harm the baby if used during pregnancy. Severe birth defects or death to the unborn baby may occur. **Two** forms of reliable **birth control must** be used at the same time during treatment and for 4 weeks after your last dose of pomalidomide. Tell your doctor right away if you become pregnant. Do not breastfeed during treatment.
- **Men** who are taking pomalidomide must use a condom every time they have sex with a female partner who is able to bear children. A condom must be used during treatment and for 4 weeks after the last dose of pomalidomide. This is because the drug may be present in semen. Tell your doctor right away if your partner becomes pregnant.
- **Do not donate blood or semen** while you are taking pomalidomide and for 4 weeks after your last dose of pomalidomide.
- It is important to **take** pomalidomide exactly as directed by your doctor. Make sure you understand the directions. You may be given capsules of more than one strength to make the right dose.
- You may **take** pomalidomide with food or on an empty stomach.
- If you **miss a dose** of pomalidomide, take it as soon as you can if it is within 12 hours of the missed dose. If it is more than 12 hours since your missed dose, skip the missed dose and go back to your usual dosing times.

- Other drugs may **interact** with pomalidomide. Tell your doctor if you are taking any other drugs as you may need extra blood tests or your dose may need to be changed. Check with your doctor or pharmacist before you start or stop taking any other drugs.
- The **drinking of alcohol** (in small amounts) does not appear to affect the safety or usefulness of pomalidomide.
- **Store** pomalidomide capsules out of the reach of children, at room temperature, away from heat, light, and moisture.
- **Tell** doctors, dentists, and other health professionals that you are being treated with pomalidomide before you receive any treatment from them.

Changes in blood counts

Pomalidomide may cause temporary changes in your blood counts. Your doctor will be following these changes carefully by performing blood tests. Adjustment of your treatment may be needed in certain circumstances.

BLOOD COUNTS	MANAGEMENT
<p>Normal white blood cells protect your body by fighting bacteria (germs) that cause infection. When they are low, you are at greater risk of having an infection.</p>	<p>To help prevent infection:</p> <ul style="list-style-type: none"> • Wash your hands often and always after using the bathroom. • Avoid crowds and people who are sick. • Call your doctor immediately at the first sign of an infection such as fever (over 100°F or 38°C by an oral thermometer), chills, cough, or burning when you pass urine.
<p>Normal platelets help your blood to clot normally after an injury (e.g., cut). When the platelet count is low, you may be more likely to bruise or bleed.</p>	<p>To help prevent bleeding problems:</p> <ul style="list-style-type: none"> • Try not to bruise, cut, or burn yourself. • Clean your nose by blowing gently. Do not pick your nose. • Avoid constipation. • Brush your teeth gently with a soft toothbrush as your gums may bleed more easily. <p>Some medications such as ASA (e.g., ASPIRIN®) or ibuprofen (e.g., ADVIL®) may increase your risk of bleeding.</p> <ul style="list-style-type: none"> • Do not stop taking any medication that has been prescribed by your doctor (e.g., ASA for your heart).

Side effects are listed in the following table in the order in which they may occur. Tips to help manage the side effects are included.

SIDE EFFECTS	MANAGEMENT
<p>Nausea and vomiting may occur with pomalidomide. Most people have little or no nausea.</p>	<p>You may be given a prescription for antinausea drug(s) to take before your chemotherapy treatment and/or at home. It is easier to prevent nausea than treat it once it has occurred, so follow directions closely.</p> <ul style="list-style-type: none"> • Drink plenty of fluids. • Eat and drink often in small amounts. • Try the ideas in <i>Food Choices to Help Control Nausea</i>.*
<p>Skin rash or itching may sometimes occur.</p>	<p>If itching is very irritating, call your doctor. Otherwise, be sure to mention it at your next visit.</p>
<p>Fever may sometimes occur.</p>	<ul style="list-style-type: none"> • Take acetaminophen (e.g., TYLENOL®) every 4-6 hours, to a maximum of 4 g (4000 mg) per day. • If you have fever (over 100°F or 38°C by an oral thermometer) plus another sign of infection, call your doctor immediately. Other signs of infection include chills, cough, or burning when you pass urine.
<p>Minor bleeding, such as nosebleeds, may sometimes occur.</p>	<ul style="list-style-type: none"> • Sit up straight and tip your head slightly forward. Tilting your head back may cause blood to run down your throat. • Pinch your nostrils shut between your thumb and forefinger or apply firm pressure against the bleeding nostril for 10 full minutes. • After 10 minutes, check to see if your nose is still bleeding. If it is, hold it for 10 more minutes. • Stay quiet for a few hours and do not blow your nose for at least 12 hours after the bleeding has stopped. • Get emergency help if a nosebleed lasts longer than 20 minutes.

SIDE EFFECTS	MANAGEMENT
Diarrhea may sometimes occur.	If diarrhea is a problem: <ul style="list-style-type: none"> • Drink plenty of fluids. • Eat and drink often in small amounts. • Avoid high fibre foods as outlined in <i>Food Ideas to Help Manage Diarrhea</i>.*
Constipation may sometimes occur.	<ul style="list-style-type: none"> • Exercise if you can. • Drink plenty of fluids. • Try ideas in <i>Suggestions for Dealing with Constipation</i>.*
Headache may sometimes occur.	<ul style="list-style-type: none"> • Take acetaminophen (e.g., TYLENOL®) every 4-6 hours to a maximum of 4 g (4000 mg) per day
Muscle pain, or back, bone, or joint pain may sometimes occur.	You may take acetaminophen (e.g., TYLENOL®) every 4-6 hours to a maximum of 4 g (4000 mg) per day. Tell your doctor if the pain interferes with your activity.
Sugar control may sometimes be affected in diabetics.	Check your blood sugar regularly if you are diabetic.
Swelling of hands, feet, or lower legs may sometimes occur if your body retains extra fluid.	If swelling is a problem: <ul style="list-style-type: none"> • Elevate your feet when sitting. • Avoid tight clothing.
Loss of appetite may sometimes occur.	Try the ideas in <i>Food Ideas to Help with Decreased Appetite</i> .
Tiredness and lack of energy may commonly occur.	<ul style="list-style-type: none"> • Do not drive a car or operate machinery if you are feeling tired. • Try the ideas in <i>Your Bank to Energy Savings: Helping People with Cancer Handle Fatigue</i>.*
Hair loss does not occur with pomalidomide.	
Increased calcium in the blood may sometimes occur.	To help prevent high calcium: <ul style="list-style-type: none"> • Keep active. • Drink plenty of fluids.
Blood clots may rarely occur. This is more likely to happen if you have had blood clots before. Signs to watch for include tenderness or hardness over a vein, calf tenderness, sudden onset of cough, chest pain, or shortness of breath.	To help prevent blood clots: <ul style="list-style-type: none"> • Keep active. • Drink plenty of fluids. • Avoid tight clothing. • Do not sit with your legs crossed at the knees.

SIDE EFFECTS	MANAGEMENT
<p>Numbness or tingling of the fingers or toes may sometimes occur. This will slowly return to normal once your treatments are over. This may take several months.</p>	<ul style="list-style-type: none"> • Be careful when handling items that are sharp, hot, or cold. • Tell your doctor at your next visit, especially if you have trouble with buttons, writing, or picking up small objects.

***Please ask your chemotherapy nurse or pharmacist for a copy.**

STOP TAKING POMALIDOMIDE AND SEE YOUR DOCTOR OR GET EMERGENCY HELP IMMEDIATELY IF YOU HAVE:

- Signs of an **infection** such as fever (over 100°F or 38°C by an oral thermometer), shaking chills; severe sore throat, productive cough (coughing up thick or green sputum); cloudy or foul smelling urine; painful, tender, or swollen red skin wounds or sores.
- Signs of **bleeding problems** such as black, tarry stools; blood in urine; pinpoint red spots on skin; extensive bruising.
- Signs of a **blood clot** such as tenderness or hardness over a vein, calf swelling and tenderness, sudden onset of cough, chest pain, or shortness of breath.
- Signs of **heart or lung problems** such as fast or uneven heartbeat, chest pain, chest pressure, cough, shortness of breath or difficulty in breathing, swelling of feet or lower legs, or fainting.

SEE YOUR DOCTOR AS SOON AS POSSIBLE (DURING OFFICE HOURS) IF YOU HAVE:

- Signs of **anemia** such as unusual tiredness or weakness.
- **Numbness or tingling** in feet or hands.
- Signs of **kidney problems** such as lower back or side pain, swelling of feet or lower legs.
- **Signs of liver problems** such as yellow eyes or skin, white or clay-coloured stools.

CHECK WITH YOUR DOCTOR IF ANY OF THE FOLLOWING CONTINUE OR BOTHER YOU:

- Uncontrolled nausea, vomiting, or diarrhea.
- Headache or pain not controlled with acetaminophen (e.g., **TYLENOL®**).
- Easy bruising or minor bleeding.
- Dry skin, rash or itching.
- Excessive sweating.
- Dizziness, spinning sensation, fainting, or tremors.
- Feelings of anxiety, confusion, or trouble sleeping.
- Muscle spasms.
- Weight changes.
- Trouble urinating.
- For diabetics: uncontrolled blood sugars.

