

Medical Oncology

Drug Information Sheet

Pomalidomide (Pomalyst): a drug to treat your cancer. This medicine is only available through a restricted program. We will help you through the enrollment process.

What should I avoid while receiving *Pomalidomide (Pomalyst)*?

- Do NOT use Echinacea.
- Avoid drinking alcohol. This may increase drowsiness or dizziness.
- Avoid eating broccoli. This may decrease effectiveness of *Pomalidomide (Pomalyst)*.
- Avoid the use of *cannabis or Cannabidiol* while taking *Pomalidomide (Pomalyst)*. These may decrease the effectiveness of *Pomalidomide (Pomalyst)* and increase drowsiness or dizziness.

Dose and Schedule:

- You will take this medicine by mouth.
- *Pomalidomide (Pomalyst)* should be taken at the same time every day (morning or evening)
- *Pomalidomide (Pomalyst)* may be taken with or without food.
- Take *Pomalidomide (Pomalyst)* with food if your stomach becomes upset.
- Keep taking this drug as you have been told by your doctor or other health care provider, even if you feel well.
- Swallow the capsules whole with water. Do not crush, open, break, chew or dissolve the medicine in water.
- If you have any unused *Pomalidomide (Pomalyst)*, do not throw it in the trash and do not flush it down the sink or toilet. Talk to your doctor or pharmacist about proper disposal of *Pomalidomide (Pomalyst)*.
- *Pomalidomide (Pomalyst)* has many drug interactions. Tell your doctor all the prescription medicines, over-the-counter medicines, vitamins, and herbal products you are taking.
- Your doctor may change your dose, briefly stop or completely stop treatment with *Pomalidomide (Pomalyst)* if you have side effects.
- **DO NOT START A NEW CYCLE WITHOUT TALKING TO YOUR DOCTOR FIRST.**
- Capsules should not be opened. If capsules are accidentally opened or damaged, do not inhale contents or allow contents to come into contact with the skin or mucous membranes.
- If the inside contents are touched or they get in the eyes, wash hands or eyes right away.
- If the inside contents are accidentally inhaled, move to fresh air and call your doctor right away.

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If you miss a dose of *Pomalidomide (Pomalyst)*.

- Only take the missed dose if it has been less than 12 hours since you were supposed to take it.
- If it has been 12 hours or more since the missed dose, skip the missed dose and go back to your normal time.
- **Do not** take two doses at one time.
- If vomiting occurs after taking a dose, take the next dose at the scheduled time.
- Write down if you miss a dose and let your doctor know about any missed doses.

Storage and Handling:

- You will get this drug from a special pharmacy through the mail. We will help you through the process.
- The drug must be kept in a secure place out of reach of children and pets, so no one else can take this drug. Never share *Pomalidomide (Pomalyst)* with anyone else.
- Store *Pomalidomide (Pomalyst)* at room temperature in a dry place and away from light. Do not store in a bathroom.
- Keep in original bottle: do NOT place tablets in a pill box.
- Whenever possible, give *Pomalidomide (Pomalyst)* to yourself and follow the steps below. If a family member, friend or caregiver gives *Pomalidomide (Pomalyst)* to you, they also need to follow these steps
- Wash hands with soap and water
- Put on gloves to avoid touching the medicine (gloves are not needed if you *Pomalidomide (Pomalyst)* to yourself).
- Do not let women who are pregnant or who may get pregnant touch the tablets without wearing gloves.
- Carefully remove *Pomalidomide (Pomalyst)* from its package to a small disposable cup.
- Do not lay the medicine on the counter.
- Take the medicine immediately by mouth with water.
- Remove gloves and do not use them for anything else.
- Throw gloves and disposable cup in household trash.
- Wash hands with soap and water.
- Do not touch or handle crushed or broken tablets.

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You **MAY OR MAY NOT** experience the side effects listed below

Possible Side Effects:	What to do:
Increased risk for infection due to decreased blood counts	<ul style="list-style-type: none"> • Avoid contact with people who have infections, colds or flu. • Wash your hands often. • Report chills or a fever of 100.4° or higher to your doctor right away, day or night. • Report any signs or symptoms of infection, such as cough, burning with urination, skin redness or sores. • Call your doctor before taking any medicine for a fever or chills.
Lower than normal red blood cells Anemia	<p>Call you doctor if you have:</p> <ul style="list-style-type: none"> ○ shortness of breath with activity ○ fatigue ○ dizziness ○ fast heartbeat or a heartbeat that does not feel normal ○ headache
Nausea/vomiting Decreased appetite	<ul style="list-style-type: none"> • Take nausea medicine as instructed. Let your doctor know if it is not working for you. • Eat smaller, frequent meals. • Try liquid nutrition supplements (Boost, Ensure). • A dietitian is available to talk with you.
Constipation	<ul style="list-style-type: none"> • Drink water and other fluids frequently during the day. • Eat foods high in fiber. • Do mild exercise such as walking. • Talk to your pharmacist about over the counter medicines. • Report if over the counter medicines are not working.
Diarrhea	<ul style="list-style-type: none"> • Keep well hydrated with water or fluids. • Take over the counter anti-diarrhea medicine (Immodium A-D™ or loperamide HCL). Use the “<i>Helpful Tips for Diarrhea after Chemotherapy or Radiation Therapy</i>” instruction sheet. • Call your doctor if you have: <ul style="list-style-type: none"> ○ More than 4 loose stools in 24 hours ○ A fever of 100.4° or higher ○ bad stomach pain or cramps ○ dizziness or feel faint ○ bloody stools (dark, tarry or sticky)

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Possible Side Effects:	What to do:
Fatigue or weakness	<ul style="list-style-type: none"> • You may be more tired than usual or have less energy. • Stay as active as possible, but know it is okay to rest as needed. • Try to do some activity every day. • Plan your activities, and do them at a time of day when you feel more energetic. • Avoid driving or doing other tasks that call for you to be alert.
Breathing problems	<ul style="list-style-type: none"> • Call your doctor right away if you have: <ul style="list-style-type: none"> ○ severe shortness of breath or trouble breathing ○ labored and unusually rapid breathing ○ new or dry cough or a cough that gets worse ○ confusion ○ extreme tiredness ○ wheezing ○ chest pain • Call 911 if you cannot catch your breath or stop coughing.
Respiratory Tract Infection	<ul style="list-style-type: none"> • Wash your hands often, especially before eating and after using the bathroom. • Maintain good personal hygiene. • Avoid contact with people who have infections, colds or flu. • Report chills or a fever of 100.4° or higher to your doctor right away, day or night. • Call your doctor for any signs or symptoms of infection: <ul style="list-style-type: none"> ○ Cough ○ Sneezing ○ runny nose ○ fever ○ scratchy or sore throat. • Call your doctor before taking any medicine for a fever or chills.

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Possible Side Effects:	What to do:
Bone, muscle, joint pain	Use pain prescription as directed. Notify your doctor if the pain is uncontrolled.
<i>Pomalidomide (pomalyst)</i> will be in urine and stool for 48 hours.	<ul style="list-style-type: none"> • Caregivers will need to handle soiled linens and clothing wearing gloves or using a bag as a barrier. • Keep your soiled items separate from others' dirty laundry and wash right away. • Women who are pregnant should not handle your soiled clothing or linens. • Wash any skin that body waste has touched with soap and water. • You may use the same toilet that you normally use. • If the toilet or toilet seat becomes dirty with urine, stool or vomit, clean the surfaces before other people use the toilet • Wash hands with soap and water after using the toilet. • It is safe to hug and kiss.
Avoid pregnancy	<ul style="list-style-type: none"> • This drug may cause harm to the unborn baby if you take it while you are pregnant. If you are pregnant or you get pregnant while taking this drug, call your doctor right away. • Use birth control that you can trust to prevent pregnancy while taking this drug and for 1 month after stopping this drug. • Do not donate sperm while taking this drug and for 1 month after stopping this drug. • You must use 2 forms of contraception or continuously abstain from heterosexual sex during and for 4 weeks after stopping <i>Pomalidomide (Pomalyst)</i> treatment. • If you or your sex partner gets pregnant while taking this drug or within 1 month after stopping this drug, call your doctor right away. • May cause fertility problems.

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Less common side effects that may happen

Less common side effects:	What to do:
<p>Blood clots (stroke, heart attack, angina-chest pain, pulmonary embolus)</p>	<ul style="list-style-type: none"> • Drink 6-8 glasses of water and non-caffeine beverages a day. • Staying active by walking or doing mild exercise can decrease your risk for blood clots. • Avoid air travel or long car rides for several days after your infusion. • Your doctor may prescribe a blood thinner to prevent blood clots. • Call the doctor if you have: <ul style="list-style-type: none"> ○ pain, swelling, redness or warmth in an arm or leg ○ unexplained shortness of breath ○ coughing up blood ○ decreased vision in one eye ○ difficulty speaking ○ chest pain or discomfort ○ unexplained rapid heart rate ○ numbness or weakness on one side of the body.
<p>May cause dizziness</p>	<p>Avoid driving or operating machines if you are dizzy.</p>
<p>Risk of new blood cancers Leukemia</p>	<ul style="list-style-type: none"> • Talk to your doctor about your concerns. • Be sure your family doctor knows you have received immunotherapy/chemotherapy medicine.
<p>Severe skin and mouth reactions</p>	<ul style="list-style-type: none"> • Use a moisturizing cream free from alcohol, perfume or dye at least twice a day. • When outside, use sunscreen and wear clothing and eyewear that protects you from the sun. • Use tepid water, rather than hot water. • Wear loose-fitting cotton clothing. • Apply cool, wet cloth to soothe skin. • Avoid using perfumes and cologne. • Avoid rubbing and scratching • Call your doctor if you have: <ul style="list-style-type: none"> ○ A skin rash ○ Red, swollen, blistered, or peeling skin ○ Red or irritated eyes ○ Sores in your mouth, throat, nose or eyes • Your doctor may prescribe anti-inflammation creams, steroids or antibiotics by mouth. • Skin care kits are available.

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Less common side effects	What to do:
Liver problems	<ul style="list-style-type: none"> • Lab results will be monitored. • Call your doctor if you have: <ul style="list-style-type: none"> ○ dark urine (tea colored) ○ severe right sided stomach pain ○ light colored stools ○ bruising or if you start to bleed easily ○ yellowing of skin or eyes ○ severe nausea or throwing up ○ unexplained weight gain ○ your belly feels big or bloated
Serious allergic reactions Up to 24 hours after infusion	After you return home: <ul style="list-style-type: none"> • Call 911 and go to the Emergency Department right away if you have any symptoms: <ul style="list-style-type: none"> ○ trouble breathing ○ chest tightness ○ swelling of your face, lips, or tongue • Call you doctor if you develop: <ul style="list-style-type: none"> ○ a rash ○ itching ○ hives ○ fever ○ chills ○ pain in the abdomen or back ○ cough ○ runny or stuffy nose
Neuropathy Numbness or tingling in hands or feet	<ul style="list-style-type: none"> • Tell the doctor if this occurs or worsens. • Be careful because you may not feel an injury to your hands or feet that have reduced feeling or numbness. • Check areas that are numb for redness or open sores. Do this every day. • Apply cream or lotion to your hands and feet. • Avoid wearing tight footwear. • Avoid standing for long periods of time. • May continue even after treatment has stopped. • These nerve problems can get worse the more times you get this drug. • Sometimes, these nerve problems have not gone back to normal.

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Less common side effects	
<p>Increased risk for bleeding due to decreased blood counts</p>	<p>• What to do:</p> <ul style="list-style-type: none"> • Report signs of bleeding or bruising. • Avoid taking aspirin or aspirin products unless your doctor tells you to take it. • Use soft toothbrush. • Use electric razor. • Talk to your doctor before any scheduled medical or dental procedures. • Call your doctor if you have: <ul style="list-style-type: none"> ○ Severe headache. ○ Blood in stools or urine. ○ Bleeding for a long period. ○ Uncontrolled bleeding ○ Bruising
<p>Tumor Lysis Syndrome Caused by rapid tumor cell death</p>	<ul style="list-style-type: none"> • Drink plenty of caffeine free fluids to stay well hydrated. • Call your doctor right away if you: <ul style="list-style-type: none"> ○ have a fast heartbeat or a heartbeat that does not feel normal ○ pass out ○ have trouble passing urine ○ have muscle weakness or cramps ○ have an upset stomach ○ are throwing up ○ have loose stools ○ fever ○ chills ○ confusion ○ shortness of breath ○ seizure ○ dark or cloudy urine ○ unusual tiredness
<p>These are not all of the side effects that may occur. If you have questions about side effects, call your doctor.</p>	