

## Pomalidomide (Pomalyst)

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### About This Medicine

Pomalidomide is used to treat cancer. It is given orally (by mouth).

### Possible Side Effects

- Bone marrow suppression. This is a decrease in the number of white blood cells, red blood cells, and platelets. This may raise your risk of infection, make you tired and weak, and raise your risk of bleeding.
- Nausea
- Diarrhea (loose bowel movements)
- Constipation (not able to move bowels)
- Fever
- Tiredness and weakness
- Blood sugar levels may change
- Electrolyte changes
- Decrease in a blood protein called albumin
- Changes in your liver and kidney function
- Back pain
- Upper respiratory tract infection
- Trouble breathing
- Rash

**Note:** Each of the side effects above was reported in 30% or greater of patients treated with pomalidomide. All possible side effects are not included. Your side effects may be different depending on your cancer diagnosis, condition, or if you are receiving other medicines in combination. Please discuss any concerns or questions with your medical team.

### Warnings and Precautions

- Blood clots and events such as stroke and heart attack. A blood clot in your leg may cause your leg to swell, appear red and warm, and/or cause pain. A blood clot in your lungs may cause trouble breathing, pain when breathing, and/or chest pain.
- Severe bone marrow suppression
- Changes in your liver function, which can cause liver failure and be life-threatening.

- Allergic reactions, including anaphylaxis are rare but may happen in some patients. Signs of allergic reaction to this medicine may be swelling of the face, feeling like your tongue or throat are swelling, trouble breathing, rash, itching, fever, chills, feeling dizzy, and/or feeling that your heart is beating in a fast or not normal way. **If this happens, do not take another dose of this medicine. You should get urgent medical treatment.**
- Severe allergic skin reaction, which can be life-threatening. You may develop blisters on your skin that are filled with fluid or a severe red rash all over your body that may be painful. Sometimes, a reaction to this medicine can happen that can cause a skin rash, along with problems with your organs, swollen lymph nodes, fever and higher than normal white blood cells.
- Confusion and/or feeling dizzy, which may impair your ability to drive or use machinery. Use caution and tell your nurse or doctor if you feel dizzy or confused.
- Effects on the nerves are called peripheral neuropathy. You may feel numbness, tingling, or pain in your hands and feet. It may be hard for you to button your clothes, open jars, or walk as usual. The effect on the nerves may get worse with more doses of the medicine. These effects get better in some people after the medicine is stopped but it does not get better in all people.
- Tumor lysis syndrome: This medicine may act on the cancer cells very quickly. This may affect how your kidneys work and can be life-threatening.
- This medicine may raise your risk of getting a second cancer, such as acute myeloid leukemia.

**Note:** *Some of the side effects above are very rare. If you have concerns and/or questions, please discuss them with your medical team.*

## Important Information

- You will need to sign up for a special program called Pomalyst REMS when you start taking this medicine. Your nurse will help you get started.
- Two negative pregnancy tests are required in women of childbearing potential prior to starting treatment. Routine pregnancy tests are required during treatment.
- Do not donate blood during your treatment, including dose interruptions, and for 4 weeks after stopping your treatment
- Men should not donate sperm during your treatment, including dose interruptions, and for 4 weeks after stopping your treatment because this medicine is present in semen and may cause harm to a baby.
- Avoid smoking while taking pomalidomide as this may lower the levels of the medicine in your body, which can make it less effective.

## How to Take Your Medicine

- Swallow the medicine whole with water, with or without food. Do not chew, break, or open the capsules.
- Take this medicine as directed at the same time each day. If you are on hemodialysis, you should take this medicine after hemodialysis on hemodialysis days.
- **Missed dose:** If you miss a dose, take it as soon as you think about it **ONLY** if it has been less than 12 hours since you normally take the missed dose. If it has been more than 12 hours, skip the



missed dose and take your next dose at the regular time. Do not take 2 doses at the same time and do not double up on the next dose.

- **Handling:** Wash your hands with soap and water, before and after handling your medicine; your caretakers should not handle your medicine with bare hands and should wear latex gloves.
- If you get any of the contents of a broken capsule on your skin, you should wash the area of the skin well with soap and water right away. Flush the inside of your mouth with flowing water if broken capsule contacts it. Call your doctor if you get a skin reaction.
- Cytotoxic medicines leave the body through urine and stool, but they can also be present in other body fluids such as blood, vomit, semen, and vaginal fluids. Take precautions to prevent others from coming in contact with your medicine or your body fluids. Follow safety precautions during your treatment and for as long as directed by your health care provider after your treatment. If you take a cytotoxic pill each day, follow these precautions every day.
- **Storage:** Store this medicine in the original container at room temperature.
- **Disposal of unused medicine:** Do not flush any expired and/or unused medicine down the toilet or drain unless you are specifically instructed to do so on the medicine label. Some facilities have take-back programs and/or other options. If you do not have a take-back program in your area, then please discuss with your nurse or your doctor how to dispose of unused medicine.

## Treating Side Effects

- Manage tiredness by pacing your activities for the day.
- If you are dizzy, get up slowly after sitting or lying.
- Be sure to include periods of rest between energy-draining activities.
- Get regular exercise, with your doctor's approval. If you feel too tired to exercise vigorously, try taking a short walk.
- To decrease the risk of infection, wash your hands regularly.
- Avoid close contact with people who have a cold, the flu, or other infections.
- Take your temperature as your doctor or nurse tells you, and whenever you feel like you may have a fever.
- To help decrease the risk of bleeding, use a soft toothbrush. Check with your nurse before using dental floss.
- Be very careful when using knives or tools.
- Use an electric shaver instead of a razor.
- Drink enough fluids to keep your urine pale yellow.
- If you throw up or have diarrhea, you should drink more fluids so that you do not become dehydrated (lack of water in the body from losing too much fluid). Eat low-fiber foods that are high in protein and calories and avoid foods that can irritate your digestive tracts or lead to cramping.
- If you are not able to move your bowels, check with your doctor or nurse before you use enemas, laxatives, or suppositories.
- Ask your nurse or doctor about medicine that can lessen or stop your diarrhea and/or constipation
- To help with nausea and vomiting, eat small, frequent meals instead of three large meals a day. Choose foods and drinks that are at room temperature. Ask your nurse or doctor about other helpful tips and medicine that is available to help stop or lessen these symptoms.
- Keeping your pain under control is important to your well-being. Please tell your doctor or nurse if you are experiencing pain.



- If you have numbness and tingling in your hands and feet, be careful when cooking, walking, and handling sharp objects and hot liquids.
- If you get a rash do not put anything on it unless your doctor or nurse says you may. Keep the area around the rash clean and dry. Ask your doctor for medicine if your rash bothers you.
- If you have diabetes, keep good control of your blood sugar level. Tell your nurse or your doctor if your glucose levels are higher or lower than normal.

## Food and Medicine Interactions

- There are no known interactions of pomalidomide with food.
- Check with your doctor or pharmacist about all other prescription medicines and over-the-counter medicines and dietary supplements (vitamins, minerals, herbs, and others) you are taking before starting this medicine as there are known medicine interactions with pomalidomide. Also, check with your doctor or pharmacist before starting any new prescription or over-the-counter medicines, or dietary supplements to make sure that there are no interactions.

## When to Call the Doctor

Call your doctor or nurse if you have any of these symptoms and/or any new or unusual symptoms:

- Fever of 100.4° F (38° C) or higher
- Chills
- Tiredness and/or weakness that interferes with your daily activities
- Feeling dizzy or lightheaded
- Easy bleeding or bruising
- Your leg is swollen, red, warm and/or painful
- Swollen lymph nodes in your neck and/or armpits
- Coughing up yellow, green, or bloody mucus
- Wheezing and/or trouble breathing
- Symptoms of a stroke such as sudden numbness or weakness of your face, arm, or leg, mostly on one side of your body; sudden confusion, trouble speaking or understanding; sudden trouble seeing in one or both eyes; sudden trouble walking, feeling dizzy, loss of balance or coordination; or sudden, bad headache with no known cause. **If you have any of these symptoms for 2 minutes, call 911.**
- Chest pain or symptoms of a heart attack. Most heart attacks involve pain in the center of the chest that lasts more than a few minutes. The pain may go away and come back. It can feel like pressure, squeezing, fullness, or pain. Sometimes pain is felt in one or both arms, the back, neck, jaw, or stomach. **If any of these symptoms last 2 minutes, call 911.**
- Nausea that stops you from eating or drinking and/or is not relieved by prescribed medicines
- Throwing up more than 3 times a day
- Diarrhea, 4 times in one day or diarrhea with lack of strength or a feeling of being dizzy
- No bowel movement in 3 days or when you feel uncomfortable
- Pain that does not go away, or is not relieved by prescribed medicines



- Signs of possible liver problems: dark urine, pale bowel movements, pain in your abdomen, feeling very tired and weak, unusual itching, or yellowing of the eyes or skin
- Swelling of the hands, feet, or any other part of the body
- Abnormal blood sugar
- Unusual thirst, passing urine often, headache, sweating, shakiness, irritability
- Decreased or very dark urine
- Signs of tumor lysis: confusion or agitation, decreased urine, nausea/vomiting, diarrhea, muscle cramping, numbness and/or tingling, seizures.
- Signs of allergic reaction: swelling of the face, feeling like your tongue or throat are swelling, trouble breathing, rash, itching, fever, chills, feeling dizzy, and/or feeling that your heart is beating in a fast or not normal way. **If this happens, call 911 for emergency care.**
- Numbness, tingling, or pain in your hands and feet
- Flu-like symptoms: fever, headache, muscle and joint aches, and fatigue (low energy, feeling weak)
- A new rash and/or itching or a rash that is not relieved by prescribed medicines
- If you think you may be pregnant or may have impregnated your partner

## Reproduction Warnings

- **Pregnancy warning:** This medicine can have harmful effects on the unborn baby. Women of childbearing potential must commit to abstain from heterosexual intercourse or use 2 effective methods of birth control, one of which must be a *highly* effective method of birth control, beginning 4 weeks before treatment starts, during your cancer treatment, including dose interruptions, and for at least 4 weeks after stopping treatment. A highly effective method of birth control other than tubal ligation includes intra-uterine device (IUD), hormonal (birth control pills, injections, patch, vaginal rings and/or implants) or a partner's vasectomy.
- Stop taking pomalidomide immediately and let your doctor know right away if you stop taking birth control, miss your menstrual period, experience unusual menstrual bleeding, or think you may be pregnant.
- Men with female partners of childbearing potential should use effective methods of birth control during your cancer treatment and for at least 4 weeks after stopping treatment. You should always wear a latex or synthetic condom even if you have undergone a successful vasectomy. Let your doctor know right away if you think you may have impregnated your partner.
- **Breastfeeding warning:** Women should not breastfeed during treatment because this medicine could enter the breast milk and cause harm to a breastfeeding baby.
- **Fertility warning:** In women, this medicine may affect your ability to have children in the future. Talk with your doctor or nurse if you plan to have children. Ask for information on egg banking.

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