

ORAL CHEMOTHERAPY EDUCATION



POMALIDOMIDE

Name of your medication

Generic name — pomalidomide (PAH-muh-LIH-doh-mide)

Brand name — Pomalyst® (PAH-muh-list)

Common uses

Pomalidomide is used to treat patients with multiple myeloma in combination with another medication, dexamethasone. It is also used to treat patients with Kaposi sarcoma.

Pomalidomide may also be used for other treatments.

Dose and schedule

Taking pomalidomide as instructed is important to allow your treatment to be as effective as possible, so here are some key points to remember.

- ☐ Your dose may vary, but the usual dose of pomalidomide for multiple myeloma is 4 milligrams (4 mg) to be taken by mouth on days 1–21 of each 28-day treatment cycle. For Kaposi sarcoma, the usual dose of pomalidomide is 5 milligrams (5 mg) to be taken by mouth on days 1–21 of each 28-day treatment cycle. The dose may be adjusted by your care provider based on your individual needs.
- ☐ Pomalidomide can be taken with or without food, but at the same time each day.
- ☐ Pomalidomide should be taken whole and not crushed, cut, dissolved, or opened. If you are unable to swallow pomalidomide, talk to your care provider or pharmacist for possible options.
- ☐ If you miss a dose of pomalidomide:
 - Do not take the missed dose if it has been more than 12 hours since you should have taken it. Simply take the next dose at the regularly scheduled time.
 - Do not take two doses at one time.
 - Be sure to write down if you miss a dose and let your care provider know about any missed doses.

Drug and food interactions

- ☐ Pomalidomide has many drug interactions. Inform your care providers of all prescription medications, over-the-counter medications, vitamins, and herbal products.
- ☐ Talk with your care team or pharmacist before taking new medications or supplements, or receiving any vaccines.

Storage and handling

Handle pomalidomide with care. Just like when chemotherapy is given into the vein, this drug can be toxic, and exposure of the drug to others should be limited.

- ☐ Store pomalidomide at room temperature (68°F–77°F) in a dry location away from light.
- ☐ Keep pomalidomide out of reach of children and pets.

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POMALIDOMIDE

- ☐ Leave pomalidomide in the provided packaging until it is ready to be taken.
- ☐ Whenever possible, you should give pomalidomide to yourself and follow the steps below. If a family member, friend, or caregiver needs to give the pomalidomide to you, they also need to follow these steps:
 1. Wash hands with soap and water.
 2. Put on gloves to avoid touching the medication. (Gloves are not necessary if you give the drug to yourself.)
 3. Gently transfer the pomalidomide from its package to a small medicine or other disposable cup.
 4. Administer the medicine immediately by mouth with water.
 5. Remove gloves and do not use them for anything else.
 6. Throw gloves and medicine cup in household trash.
 7. Wash hands with soap and water.
- ☐ If a daily pill box or pill reminder will be used, contact your care team before using:
 - The person filling the box or reminder should wear gloves (gloves are not necessary if you are filling the box or reminder).
 - When empty, the box or reminder should be washed with soap and water before refilling. Be sure to wash hands with soap and water after the task is complete, whether or not gloves are worn.
- ☐ If you have any unused pomalidomide, **do not** throw it in the trash and **do not** flush it down the sink or toilet. Talk to your care provider or pharmacist about proper disposal of pomalidomide.
- ☐ If you are traveling, put your pomalidomide' packaging in a sealed plastic bag. Ask your pharmacist if any additional travel precautions are needed.

Side Effects of Pomalidomide

Below are common side effects that have been known to happen in about one third or more of patients taking pomalidomide are listed on the left side of this table. You **MAY NOT** experience these side effects. Options to help manage any side effects that do occur are included on the right side of this table. These should be discussed with your care provider. If you experience any side effect you cannot manage or that is not listed here, contact your care provider.

Possible Side Effect	Management
Fatigue	<p>You may be more tired than usual or have less energy.</p> <ul style="list-style-type: none">• Stay as active as possible, but know it is okay to rest as needed, too.• Try to do some activity every day.• Plan your activities, and do them at a time of day when you feel a bit more energetic.• Avoid operating heavy machinery if you feel too tired.• You might notice that you are more pale than usual.

Continued on the next page

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POMALIDOMIDE

Possible Side Effect	Management
Decreased white blood cells (WBCs) and increased risk for infection	<p>Your WBCs should be monitored by a simple blood test. When your WBCs are low, you are at a greater risk of having an infection. Take the following precautions to protect yourself from infection.</p> <ul style="list-style-type: none"> • Wash your hands often, especially before eating and after using the bathroom. • Avoid crowds and people with fevers, flu, or other infection. • Bathe regularly to keep good personal hygiene. <p>Contact your care provider if you experience any signs or symptoms of an infection:</p> <ul style="list-style-type: none"> • Fever (temperature more than 100.4°F or 38°C) • Chills • Sore throat • Burning with urination • Unusual tiredness • A sore that becomes red, is draining, or does not heal <p>Check with your care provider before taking any medicine for a fever or chills.</p>
Decreased hemoglobin, part of the red blood cells that carry iron and oxygen	<p>Your hemoglobin should be monitored using a blood test. When your hemoglobin is low, you may notice that you get tired or fatigued more easily.</p> <ul style="list-style-type: none"> • Try to get 7–8 hours of sleep per night. • Avoid operating heavy machinery if you feel too tired. • Find a balance between work and rest. • Stay as active as possible, but know that it is okay to rest as needed. • You might notice that you are more pale than usual. <p>Let your health care provider know right away if you experience any of the following:</p> <ul style="list-style-type: none"> • Shortness of breath • Dizziness • Palpitations
Shortness of breath	<p>Call your care provider right away if you develop shortness of breath, because this could be a sign of a blood clot in your lungs or an infection, such as pneumonia.</p>
Constipation	<p>Monitor how many bowel movements you have each day.</p> <ul style="list-style-type: none"> • Drink 8–10 glasses of water or fluid each day, unless your care provider has instructed you to limit your fluid intake because of some other health problem. • Stay active and exercise, if possible. • Eat foods high in fiber, like raw fruits and vegetables. <p>Contact your care provider if you have not had a bowel movement in three or more days.</p> <p>Your care provider may recommend over-the-counter medications to help with your constipation. A daily stool softener, such as docusate (Colace®), and/or a laxative, such as senna (Senokot®), may be helpful. If these do not help within 48 hours, tell your provider.</p>

Continued on the next page

ORAL CANCER TREATMENT EDUCATION



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POMALIDOMIDE

Possible Side Effect	Management
Diarrhea (loose and/or urgent bowel movements)	<p>Monitor how many bowel movements you have each day.</p> <ul style="list-style-type: none"> • Drink 8–10 glasses of water or fluid each day unless your care provider has instructed you to limit your fluid intake because of some other health problem. • Eat small, frequent meals throughout the day rather than a few large meals. • Eat bland, low-fiber foods (e.g., bananas, applesauce, potatoes, chicken, rice, toast). • Avoid high-fiber foods (e.g., raw vegetables, raw fruits, whole grains). • Avoid foods that cause gas (e.g., broccoli, beans). • Avoid lactose-containing foods (e.g., yogurt, milk). • Avoid spicy, fried, and greasy foods. <p>Contact your provider if any of the following occur:</p> <ul style="list-style-type: none"> • The number of bowel movements you have in a day increases by four or more. • You feel dizzy or lightheaded. <p>Your care provider may recommend an over-the-counter medication called loperamide (Imodium®) to help with your diarrhea, but talk to your care provider before starting this medication.</p>
Back pain	<ul style="list-style-type: none"> • Keep a diary of your pain, including a description of when and where the pain is occurring, what it feels like, and how long it lasts. • Stay as active as possible, but know that it is okay to rest as needed, too. • Tell your care provider if pain interferes with your activity. <p>If the pain bothers you, ask your provider what you may use to help with this discomfort. Take only pain medication that has been prescribed or recommended by your care provider.</p>
Nausea or vomiting	<ul style="list-style-type: none"> • Eat and drink slowly. • Drink 8–10 glasses of water or fluid each day unless your care provider has instructed you to limit your fluid intake. • Eat small, frequent meals throughout the day rather than a few large meals. • Eat bland foods; avoid spicy, fried, and greasy foods. • Avoid vigorous exercise immediately after eating. • Don't lay down immediately after eating. • Avoid strong odors. <p>Let your provider know if you experience nausea or vomiting. Your provider may prescribe medication that can help.</p>

Continued on the next page

ORAL CANCER TREATMENT EDUCATION



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POMALIDOMIDE

Possible Side Effect	Management
Respiratory tract infection	<ul style="list-style-type: none">Wash your hands often, especially before eating and after using the bathroom.Avoid people with fevers, flu, or other infections.Maintain good personal hygiene.Report symptoms of a respiratory infection (e.g., cough, sneezing, runny nose, fever, scratchy or sore throat) to your provider.
Thrombocytopenia, decreased platelet count and increased risk of bleeding	<p>Your platelets should be monitored by a simple blood test. When they are low, you may bruise or bleed more easily than usual.</p> <ul style="list-style-type: none">Use caution to avoid bruises, cuts, or burns.Blow your nose gently and do not pick your nose.Brush your teeth gently with a soft toothbrush and maintain good oral hygiene.When shaving, use an electric razor instead of razor blades.Use a nail file instead of nail clippers.Don't lay down immediately after eating.Avoid strong odors. <p>Call your care provider if you have bleeding that won't stop. Examples include:</p> <ul style="list-style-type: none">A bloody nose that bleeds more than 5 minutes, despite pressureA cut that continues to ooze, despite pressureGums that bleed excessively when you floss or brush <p>Seek medical help immediately if you experience any severe headaches, blood in your urine or stool, coughing up blood, or prolonged and uncontrollable bleeding.</p> <p>You may need to take a break or "hold" your medication for medical or dental procedures. Talk to your care provider or dentist before any scheduled procedures.</p>

Serious side effects of pomalidomide

- ☐ Pomalidomide can cause serious birth defects. Do not take pomalidomide if you are pregnant or think you might be pregnant.
- ☐ Pomalidomide may be harmful to your liver. Speak to your care provider to know when you need to have laboratory tests done to monitor your liver function. If you get this side effect, your doctor may change your dose or stop treatment for some time.
- ☐ Severe allergic reactions are a rare but serious side effect of pomalidomide. Immediately seek medical attention if you notice difficulty breathing, swelling of the mouth or tongue, or a serious rash.
- ☐ Some patients taking pomalidomide become dizzy or confused. Avoid situations where dizziness or confusion may be a problem, and avoid medications that can cause these side effects.
- ☐ While taking pomalidomide you may lose sensitivity in your hands or feet. Talk to your care provider about ways to resolve this side effect.

ORAL CANCER TREATMENT EDUCATION



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POMALIDOMIDE

- ☐ Pomalidomide may increase your risk for certain blood cancers. Be sure to alert your physician if you notice any abnormal bruising or bleeding.
- ☐ Some patients taking pomalidomide have experienced tumor lysis syndrome when starting treatment. Your healthcare provider may do blood tests to check for this side effect.
- ☐ Pomalidomide can increase your risk of having a blood clot.
- ☐ Pomalidomide may cause neutropenia. Neutropenia occurs when you have too few neutrophils, a type of white blood cell. Neutrophils are important for fighting illnesses caused by germs. Speak to your care team to know when you need to have blood tests done to monitor your neutrophils. Seek medical attention if you have a fever greater than 100.4°F.
- ☐ Pomalidomide may cause a rash, which means your skin may be red, dry, itchy, or cracked. Check your skin and call your care team if you notice any skin changes.

If you experience ANY uncontrolled side effect, call your physician or healthcare center immediately:

(INSTITUTIONAL CONTACT INFO)

Handling body fluids and waste

Pomalidomide remains in your body for several days after it is taken, so some of the drug may be present in urine, stool, sweat, or vomit. Once you have started to take pomalidomide, it is important to follow the instructions below every day for as long as your treatment lasts. This will keep yourself, loved ones, and the environment as safe as possible.

- ☐ Pregnant women should avoid touching anything that may be soiled with body fluids from the patient.
- ☐ Toilet and septic systems
 - You may use the same toilet, septic tank, and/or sewer that you usually use. If you have a low-flow toilet, close the lid and flush twice to ensure all waste has been discarded.
 - If the toilet or toilet seat becomes soiled with urine, stool, or vomit, clean the surfaces before other people use the toilet.
 - Wash hands with soap and water after using the toilet.
- ☐ If you need a bedpan, be sure your caregiver knows to wear gloves to assist with cleanup and to wash the bedpan with soap and water every day.
- ☐ If you do not have good control of bladder or bowels, use a disposable pad with a plastic back, a diaper, or a sheet to absorb body waste.
- ☐ Wash any skin that has been exposed to body waste or pomalidomide with soap and water.
- ☐ Linens or clothing that are soiled with body fluids or body waste should be washed separately from other linens and clothing. If you do not have a washer, place the soiled linens in a plastic bag until they can be washed.
- ☐ Wash hands with soap and water after touching linens or clothing that may be soiled with body fluids.

Pregnancy, sexual activity, and contraception

- ☐ Women should not become pregnant and men should not get a partner pregnant while taking pomalidomide, during any treatment breaks, and for at least 4 weeks after stopping this medication.
- ☐ Do not take pomalidomide if you are pregnant or think you might be pregnant. Pomalidomide can cause serious birth defects. If you think you might be pregnant, notify your care provider right away.

ORAL CANCER TREATMENT EDUCATION



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POMALIDOMIDE

- ☐ Women of childbearing age and potential must have 2 negative pregnancy tests prior to starting pomalidomide and will need to repeat this test with each cycle or sooner.
- ☐ Women of childbearing age and potential should use 2 forms of birth control or go without having sex for at least 4 weeks before and during, and at least 4 weeks after stopping, treatment with pomalidomide.
- ☐ Men who are taking pomalidomide must always wear a latex or synthetic condom during sex, during treatment breaks, and for at least 4 weeks after stopping pomalidomide because the drug can be found in sperm. Notify your healthcare provider if you have unprotected sex with a woman.
- ☐ Do not donate sperm while taking this medication, during treatment breaks, and for 4 weeks after stopping this medication.
- ☐ Do not breastfeed while taking pomalidomide and for a minimum of 4 weeks after the last dose of pomalidomide.
- ☐ It is safe to hug and kiss, but the special precautions described above are required before sexual activity.

Blood product donation

- ☐ It is recommended that you do not donate blood or blood products, such as platelets, while receiving pomalidomide and for at least one month after your last dose of pomalidomide.

Obtaining medication

- ☐ Talk with your care provider about how to obtain your pomalidomide.
- ☐ Pomalidomide is only available through a Risk Evaluation and Mitigation Strategy (REMS) program, and prescribers, patients, and pharmacies must be certified with this REMS program.
- ☐ Only a 28-day supply of medication can be obtained from the pharmacy at one time, and this medication cannot have automatic refills.

(PHARMACY OR SPECIALTY PHARMACY CONTACT INFO)

Additional resources

Product website: www.pomalyst.com

Product prescribing information: https://packageinserts.bms.com/pi/pi_pomalyst.pdf

Product resources: celgenepatientsupport.com

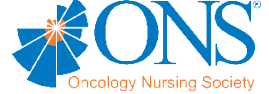
Updated – September 12, 2024

Additional instructions

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POMALIDOMIDE

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