

Imetelstat

Care Team Contact Information: _____

Pharmacy Contact Information: _____

Diagnosis: _____

- This treatment is often used for myelodysplastic syndromes (MDS), but it may also be used for other diagnoses.

Goal of Treatment: _____

- Treatment may continue for a certain time period, until it no longer works, or until side effects are no longer controlled.

Treatment Regimen

Treatment Name	How the Treatment Works	How the Treatment is Given
Imetelstat (ih-MEH-tel-stat): Rytelo (ry-TEL-oh)	Slows down or stops the growth of cancer cells by blocking a specific protein that helps them survive.	Infusion given into a vein.

Treatment Administration and Schedule: Treatment is usually given every 4 weeks. The length of time is called a “cycle”.

- You may be monitored after the infusion has been completed.

Treatment Name	Cycle 1							Next Cycle
	Day 1	Day 2	Day 3	Day 4	Day 5	...	Day 28	Day 1
Imetelstat	✓							✓

Appointments: Appointments may include regular check-ups with your care team, lab visits, treatment appointments, and imaging tests. It's important to keep your appointments whenever you can. If you miss any appointments, call your care provider as soon as possible to reschedule your appointment.

Supportive Care to Prevent and Treat Side Effects

Description	Supportive Care Given at the Clinic or Hospital	Supportive Care Taken at Home
To help prevent infusion reactions	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>
To help your body make white blood cells to fight infections	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>
Platelet transfusions to reduce the risk of bleeding if you develop a low platelet count during treatment	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>
Other	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>

Common Side Effects

Side Effect	Important Information
<p>Low White Blood Cell (WBC) Count and Increased Risk of Infections</p>	<p>Description: WBCs help protect the body against infections. If you have a low WBC count, you may be at a higher risk of infection.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> • Wash your hands and bathe regularly. • Avoid crowded places. • Stay away from people who are sick. • Your care team may prescribe a drug that promotes the growth of WBCs. <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> • Fever of 100.4 °F (38°C) or higher • Chills • Cough • Sore throat • Painful urination • Tiredness that is worse than normal • Skin infections (red, swollen, or painful areas)
<p>Low Platelet Count</p>	<p>Description: Platelets help the blood clot and heal wounds. If you have low platelet counts, you are at a higher risk of bruising and bleeding.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> • Blow your nose gently and avoid picking it. • Brush your teeth gently with a soft toothbrush and maintain good oral hygiene. • Use an electric razor for shaving and a nail file instead of nail clippers. • Avoid over-the-counter medications that may increase the risk of bleeding, such as NSAIDs. • Your care team may give you platelet transfusions to reduce the risk of bleeding if you develop a low platelet count during treatment. • Talk with your care team or dentist before medical or dental procedures, as you may need to pause your treatment. <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> • Nosebleed lasting over 5 minutes despite pressure • Cut that continues to bleed • Significant gum bleeding when flossing or brushing • Severe headaches • Blood in your urine or stool • Blood in your spit after a cough
<p>Liver Problems</p>	<p>Description: Treatment can harm your liver. This may cause nausea, stomach pain, and bleeding or bruising. It can also turn your skin and eyes yellow and make your urine dark. Lab tests may be performed to monitor liver function.</p> <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> • Yellowing of your skin or the whites of your eyes • Severe nausea or vomiting • Pain on the right side of your stomach area (abdomen) • Dark urine (tea colored) • Bleeding or bruising more easily than normal

<p>Muscle, Bone, or Joint Pain</p>	<p>Description: Muscle pain feels like soreness, aches, cramps, or stiffness in one or more muscles. It may also include tenderness or weakness. Joint pain happens where two bones come together and can feel sharp, dull, throbbing, or burning. It often causes stiffness, swelling, and difficulty moving.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> Track your pain levels, areas of discomfort, and any activities that worsen or improve your symptoms. Engage in gentle exercises like walking, stretching, or yoga to maintain mobility and strength, but consult your care team before starting any new exercise routine. Apply a warm compress to relax stiff muscles or use cold packs to reduce swelling and numb pain in affected areas. Your care team may prescribe or recommend medications, including over-the-counter pain relievers. <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> Uncontrolled muscle or joint pain Swelling, redness, or warmth in the joints Weakness Difficulty walking or moving
<p>Fatigue</p>	<p>Description: Fatigue is a constant and sometimes strong feeling of tiredness.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> Routine exercise has been shown to decrease levels of fatigue. Work with your care team to find the right type of exercise for you. Ask your family and friends for help with daily tasks and emotional support. Try healthy ways to feel better, like meditation, writing in a journal, doing yoga, and using guided imagery to lower anxiety and feel good. Make a regular sleep schedule and limit naps during the day so you can sleep better at night, aiming for 7 to 8 hours of sleep. Don't use heavy machines or do things that need your full attention if you're very tired to avoid accidents. <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> Tiredness that affects your daily life Tiredness all the time, and it doesn't get better with rest Dizziness and weakness, along with being tired

Select Rare Side Effects

Side Effect	Talk to Your Care Team if You Have Any of These Signs or Symptoms	
Heart Problems	<ul style="list-style-type: none"> • Palpitations (rapid or irregular heartbeat) • Dizziness or lightheadedness • Shortness of breath • Chest discomfort or pain 	<ul style="list-style-type: none"> • Fatigue • Confusion • Fainting or near-fainting spells
Infusion Reactions	<ul style="list-style-type: none"> • Chills or shaking • Itching, rash, or flushing • Trouble breathing or wheezing; tongue-swelling • High blood pressure 	<ul style="list-style-type: none"> • Dizziness or feeling faint • Fever of 100.4°F (38°C) or higher • Pain in your back or neck • Chest pain that is not related to your heart

Before starting treatment, ask your care team when to call 9-1-1 or seek emergency help. If you experience any new, worsening, or uncontrolled side effects, contact your care team immediately.

Intimacy, Pregnancy, and Breastfeeding

- Treatment may **change how you feel about intimacy and your body**. However, physical closeness—such as holding hands and hugging—remains safe. It is common to have questions about intimacy. If needed, talk to your care team for guidance.
- Treatment may **harm an unborn baby**.
 - If you are able to become pregnant, take a pregnancy test before starting treatment.
 - Use an effective method of birth control during treatment and for 1 week after your last dose.
 - If you think you might be pregnant or if you become pregnant, tell your care team right away.
 - If your partner(s) could become pregnant, use an effective method of birth control—such as condoms—during treatment and for 1 week after your last dose.
- **Do NOT breastfeed** during treatment and for 1 week after your last dose.

Handling Body Fluids and Waste

Some drugs you receive may stay in your urine, stool, sweat, or vomit for many days after treatment. Because many cancer drugs are toxic, your body waste may also be dangerous to touch. To help protect yourself, your loved ones, and the environment, **follow these instructions** for at least **48 hours** after each dose of **imetelstat**:

- People who are pregnant should avoid touching anything that may be soiled with body fluids from the patient.
- You can use your usual toilet. Always close the lid and flush to discard all waste. If you have a low-flow toilet, flush twice.
- If the toilet or seat is soiled with urine, stool, or vomit, clean the surface after each use before others use it.
- Wash your hands with soap and water for at least 20 seconds after using the toilet.
- If you need a bedpan, inform your caregiver so they can wear gloves and assist with cleanup. Wash the bedpan with soap and water daily.
- If you cannot control your bladder or bowels, use a disposable pad with a plastic back, a diaper, or a sheet to absorb waste.
- Wash any skin exposed to body waste with soap and water.
- Wash soiled linens or clothing separately from other laundry. If you don't have a washer, place them in a plastic bag until they can be washed.
- Wash your hands with soap and water after touching soiled linens or clothing.

Additional Information

- **Tell your care team about all the medicines you take.**
This includes prescriptions, over-the-counter drugs, vitamins, and herbal products. Before starting any new medicine, supplement, or vaccine, ask your care team first.
- **Treatment may cause longer than usual blood clotting times.**
Your care team may do blood tests to check your blood clotting times during treatment.
- **This Patient Education Sheet may not describe all possible side effects.**
Call your healthcare provider for medical advice about side effects. You may report side effects to the FDA at 1-800-FDA-1088.

Notes

Updated Date: November 17, 2025

Scan the QR code below to access this education sheet.



Important notice: The Association of Cancer Care Centers (ACCC), Hematology/Oncology Pharmacy Association (HOPA), Network for Collaborative Oncology Development & Advancement, Inc. (NCODA), and Oncology Nursing Society (ONS) have collaborated in gathering information for and developing this patient education guide. This guide represents a brief summary of the medication derived from information provided by the drug manufacturer and other resources.

This guide does not cover all existing information related to the possible uses, directions, doses, precautions, warnings, interactions, adverse effects, or risks associated with this medication and should not substitute for the advice of a qualified healthcare professional. Provision of this guide is for informational purposes only and does not constitute or imply endorsement, recommendation, or favoring of this medication by ACCC, HOPA, NCODA, or ONS, who assume no liability for and cannot ensure the accuracy of the information presented. All decisions related to taking this medication should be made with the guidance and under the direction of a qualified healthcare professional.

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