

# Luspatercept

**Care Team Contact Information:** \_\_\_\_\_

**Pharmacy Contact Information:** \_\_\_\_\_

**Diagnosis:** \_\_\_\_\_

- This treatment is often used to treat anemia in people with beta thalassemia or myelodysplastic syndromes (MDS). However, it may also be used for other reasons.

**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
Luspatercept (lus-PA-ter-cept): Reblozyl (REB-loh-zil)	Helps red blood cells grow. It stops signals that make them stop developing too early.	Injection given under the skin into the upper arm, thigh, or stomach area (abdomen).

**Treatment Administration and Schedule:** Treatment is typically repeated every 3 weeks. This length of time is called a “cycle”.

Treatment Name	Cycle 1								Next Cycle
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	...	Day 21	Day 1
Luspatercept	✓								✓

**Appointments:** Appointments may include regular check-ups with your care team, treatment appointments, lab visits, 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
Supportive care to prevent or treat side effects	_____ _____ _____	_____ _____ _____

## Common Side Effects

Side Effect	Important Information
Fatigue	<p>Description: Fatigue is a constant and sometimes strong feeling of tiredness.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> <li>• Routine exercise has been shown to decrease levels of fatigue. Work with your care team to find the right type of exercise for you.</li> <li>• Ask your family and friends for help with daily tasks and emotional support.</li> <li>• Try healthy ways to feel better, like meditation, writing in a journal, doing yoga, and using guided imagery to lower anxiety and feel good.</li> <li>• 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.</li> <li>• Don't use heavy machines or do things that need your full attention if you're very tired to avoid accidents.</li> </ul> <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> <li>• Tiredness that affects your daily life</li> <li>• Tiredness all the time, and it doesn't get better with rest</li> <li>• Dizziness and weakness, along with being tired</li> </ul>
Headache	<p>Description: A headache can cause you to feel pain or discomfort in your head, making it hard to concentrate or feel your best.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> <li>• Keep a headache diary to track the frequency, duration, intensity, and triggers of your headaches.</li> <li>• Stay hydrated by drinking plenty of water, as dehydration can contribute to headaches.</li> <li>• Apply a cold or warm compress to your forehead or neck to help ease headache pain.</li> <li>• Get adequate sleep (7-8 hours per night) and establish a regular sleep schedule.</li> <li>• Limit caffeine intake.</li> <li>• Your care team may recommend medicine for headaches.</li> </ul> <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> <li>• Severe headache</li> <li>• More frequent headaches</li> <li>• Dizziness or light-headedness</li> <li>• Confusion</li> <li>• Vision changes</li> </ul>

### Select Rare Side Effects

Side Effect	Talk to Your Care Team if You Have Any of These Signs or Symptoms
Blood Clots	<p>Blood clots in the arteries, veins, brain, and lungs have happened in people with beta thalassemia during treatment. The risk of blood clots may be higher in people who have had their spleen removed or who take hormone replacement therapy or birth control (oral contraceptives).</p> <p>Call your healthcare provider or get medical help right away if you get any of these symptoms:</p> <ul style="list-style-type: none"> <li>Chest pain</li> <li>Trouble breathing or shortness of breath</li> <li>Sudden numbness or weakness that are both short-term or continue to happen over a long period of time, especially on one side of the body</li> <li>Pain in your leg, with or without swelling</li> <li>A cold or pale arm or leg</li> <li>Severe headache or confusion</li> <li>Sudden problems with vision, speech, or balance (such as trouble speaking, difficulty walking, or dizziness)</li> </ul>
High blood pressure	High blood pressure usually doesn't have symptoms but can become serious. Talk to your care team if your blood pressure is high.
Extramedullary Hematopoietic (EMH) Masses	<p>EMH masses have happened in people with beta thalassemia during treatment. You may have a higher risk for developing EMH masses if you have a history of EMH masses, have had your spleen removed, have or have had an enlarged spleen or liver, or have low hemoglobin levels. Your care team will monitor you before you start and during treatment.</p> <p>Call your healthcare provider or get medical help right away if you get any of these symptoms:</p> <ul style="list-style-type: none"> <li>Severe pain in the back</li> <li>Numbness, weakness, or loss of voluntary movement in feet, legs, hands, or arms</li> <li>Loss of bowel and bladder control</li> <li>Difficulty with balance, gait, or walking</li> </ul>
Injection Site Reactions	<ul style="list-style-type: none"> <li>Itching</li> <li>Swelling</li> <li>Bruising or bleeding</li> <li>Pain</li> <li>Rash or redness of the skin</li> </ul>

**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, Fertility, 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 can affect your **ability to have children**. It may damage your reproductive organs or stop them from working. If you are worried about fertility, talk to your care team before starting treatment
- 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 3 months 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.
- **Do NOT breastfeed** during treatment and for 3 months after your last dose.

**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.
- **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**

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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.

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