

Possible Side Effects (*continued*):

Low White Blood Cells/Preventing Infection

What this means: You may be at risk of getting an infection.

What to do:

- Call your doctor if you have a temperature of 100.4 degrees Fahrenheit (38 degrees Celsius) or higher.
- Wash your hands often.
- Wear a mask and stay away from people who are sick or do not feel well.
- Ask your doctor if you should get a flu shot and pneumococcal vaccine.

Difficulty Breathing

What to do:

- Call your doctor if you have any shortness of breath or problems breathing.
- **Stop and do not** take this medicine if you have an infection, including pneumonia or an upper respiratory infection.

Bleeding/Bruising/Black Stools

What to do:

- Call your doctor if have bruising, bleeding or black stools or if you have unusual bleeding, such as bright red blood in your stools or nose bleeds that do not stop.
- Call your doctor if you have sudden or severe stomach pain.
- **Do not** use aspirin, ibuprofen (Advil, Motrin), or naproxen (Aleve) for regular aches and pains.

This is not a complete list of all possible side effects. Tell your doctor if you have these or any other side effects that you think are caused by this medicine. Your James health care team will give you further help to manage side effects.

PATIENT EDUCATION

Taking Your Treatment Home

What you need to know about your Anti-Cancer Medicine

Pomalidomide (Pomalyst)

This brochure has important information on how to use, handle, and store your medicine, what side effects to look for and how to manage them.

What it looks like: Dark blue/yellow, dark blue/orange, dark blue/green or dark blue/blue capsules.

How to handle and store:

- **There are special safe handling instructions for this medicine.** Talk to your doctor, pharmacist or nurse about the precautions you need to follow when you take this medicine at home.
- **Caregivers who are or may become pregnant should NOT touch this medicine.**
- Store in closed container in a dry place such as a cabinet away from light, heat and moisture.
- **Do not** store in your bathroom or refrigerator.
- Keep this medicine away from children and **do not** share it with anyone.

The James



How to take:

- **Do not** take more capsules than ordered by your doctor.
- **Do not** crush, break or chew the capsule.
- Swallow the capsule whole with a full glass of water at the same time each day. This medicine may be taken with or without food.
- If you miss a dose, wait until it is time for your next dose, and skip the missed dose. **Do not double up on doses.**

Disposal:

- Talk with your doctor or pharmacist about how to get rid of prescription medicines safely.

Precautions:

- Tell your doctor if you have had a recent surgery, trauma or infection.
- Tell your doctor or pharmacist about any medicines you take, including prescription and over-the-counter medicines, vitamins and herbal products.
- **Stop and do not** take this medicine if you have an infection, including pneumonia or an upper respiratory infection.
- **Do not get pregnant while taking this medicine.** This medicine can harm an unborn baby if you take it when you are pregnant. Talk with your doctor about what birth control to use.

Pomalyst REMS Program for Patients:**Program for Pomalyst Education and Prescribing Safety**

- You, your doctor and your pharmacy must register with Pomalyst REMS program before you can receive your medicine.
- You are allowed a 28-day supply of this medicine.
- If you get pregnant, call Celgene for a survey, once a month at 1-888-423-5436.
- In you are unable to get pregnant, call Celgene for a survey, every 6 months at 1-888-423-5436.

Possible Side Effects

You can find more information on side effects in the Patient Education booklet, *Treatment with Chemotherapy and Anti-Cancer Medicines*.

Blood Clots

What this means: You may be at risk for blood clots.

What to do:

Call your doctor if you have:

- Swelling in your arm or leg with or without pain.
- Sudden chest pain, shortness of breath or changes in heartbeat.

Smoking may increase your risk of blood clots. Talk to your doctor about options to quit.

Rash

What this means: You may develop a rash in one area or over large areas of your skin.

What to do:

- Call your doctor if you get a rash. Tell your doctor when the rash started, the location of your rash, if it is itchy or painful and if the rash has spread or is getting worse.
- Your doctor may tell you take an over-the-counter medicine to help with this problem.

Fatigue

What this means: Fatigue can be due to many factors, including low blood counts, sleep changes, stress, not eating well and pain.

What to do:

- Be active, but plan times to rest.
- Get enough sleep.
- Drink plenty of water and eat small meals or snacks often during the day.

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