Possible Side Effects (continued):

Blood Clots
What this means: You may be asked to take a medicine like aspirin to decrease your risk.

What to do:
Call your doctor if you notice:
• Swelling in one arm or leg with or without pain.
• Sudden chest pain, shortness of breath, or changes in heartbeat.
• Sudden or severe headaches.
• Problems with vision, speech, walking, numbness, or weakness in your arms and legs or on one side of your body.
• Smoking may increase your risk of blood clots so talk to your doctor about options to quit smoking.

Constipation
What this means: You may notice changes in the frequency of your bowel movements.

What to do:
• Eat foods that are high in fiber.
• Drink plenty of water.
• Talk to your doctor about using stool softeners and laxatives to maintain regular bowel movements.
• Call your doctor if you do not have a bowel movement for 2 days or become uncomfortable because you cannot have a bowel movement.

Other Side Effects: rash, tremor
• Call doctor or nurse practitioner if you have any problems.

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 JamesCare team will give you further help to manage side effects.
How to take:
• Swallow whole with a full glass of water preferably at bedtime at least 1 hour after evening meal.
• Do not take more capsules than prescribed.
• Do not crush, break, chew or open the capsules.
• 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.
• Keep track of what days and what times you take Thalidomide by using a calendar or keeping a diary.

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

Precautions:
• Let your doctor know if you have had recent surgery, trauma, or infection
• Tell your doctor or pharmacist about any medicines you are taking, including prescription and over-the-counter medicines, vitamins and herbal products.
• Avoid pregnancy while on this medicine.

Thalomid REMS® Program for Patients:
• System for Thalidomide Education and Prescribing Safety Prescriber, patient, and pharmacy must be registered with Thalomid REMS® prior to shipment.
• Program will only allow a 28 day supply of Thalidomide at any one time.
• Men, and women who can become pregnant should call Celgene for monthly survey at 1-888-423-5436.
• Women who cannot become pregnant call Celgene for 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.

Birth Defects
What this means: There is a confirmed risk of birth defects if either parent is taking this medicine.
What to do:
• You will be asked to use multiple forms of birth control during and one month after taking your last dose.
• You may be asked to take a pregnancy test each month to confirm that you are not pregnant.

Sedation
What this means: You may be drowsy or more tired than usual.
What to do:
• Avoid activities where drowsiness may be a problem (i.e. driving, working, etc).
• Avoid alcohol since it may increase drowsiness.
• Take medicine at bedtime.
• Contact your doctor if your drowsiness limits your daily activity.

Neuropathy
What this means: You may experience tingling, numbness, burning pain in fingers and/or feet, or unsteadiness when walking.
What to do:
• Call your doctor for if this interferes with your daily activities

Continued on back...