

# Pomalyst<sup>®</sup>

## (pomalidomide) capsules

Pomalyst is a third-generation immunomodulatory drug, also known as an IMiD<sup>®</sup> compound. IMiDs can modify or regulate the functioning of the immune system.

Pomalyst in combination with dexamethasone was approved by the US Food and Drug Administration (FDA) in 2013, by the European Medicines Agency (EMA) in 2013, and by Health Canada in 2014.

### Who is a candidate for Pomalyst?

Pomalyst + dexamethasone is indicated for patients with myeloma who have received at least two prior therapies including both Revlimid<sup>®</sup> (lenalidomide) and Velcade<sup>®</sup> (bortezomib), and have demonstrated disease progression on or within 60 days of completion of the last therapy.

### How is Pomalyst taken?

- Pomalyst is taken in capsule form by mouth.
- Pomalyst is taken on days 1 to 21 of repeated 28-day cycles.
- On the days that Pomalyst is taken, it should be taken at the same time of the day.
- Swallow Pomalyst with water. Pomalyst may be taken with or without food.

The IMF InfoLine is staffed by trained information specialists.  
**800.452.CURE (2873)** in the US & Canada



International  
**Myeloma**  
Foundation<sup>®</sup>

Improving Lives **Finding the Cure<sup>®</sup>**

12650 Riverside Drive, Suite 206, North Hollywood, CA 91607 USA  
818.487.7455 [myeloma.org](http://myeloma.org)

## Are there special cautions with Pomalyst?

- Pomalyst is contraindicated in pregnancy because it is an analog of thalidomide, which is known to cause severe birth defects.
- Pomalyst is available only through a restricted program under a Risk Evaluation and Mitigation Strategy called “Pomalyst REMS®.” Patients must sign an agreement form and comply with the requirements.
- Female patients of childbearing potential and all male patients are required to complete a monthly phone survey.
- Smoking may reduce the efficacy of Pomalyst.

## What are the possible side effects of Pomalyst?

- Low blood cell counts
- Upper respiratory infection or pneumonia
- Unusual tiredness or physical weakness
- Constipation (fewer than 3 bowel movements per week)
- Nausea
- Diarrhea
- Back pain
- Fever
- Increased risk of blood clots
- Dizziness and confusion
- Neuropathy
- Shortness of breath

Tell your healthcare provider about these and other side effects that bother you or that do not go away. Make sure you know how to get in touch with your healthcare team after office hours, on the weekend, and over a holiday.

***As always, the IMF urges you to discuss all medical issues with your doctor, and to contact the IMF for information about myeloma.***

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