



WHAT IS IMNOVID® POMALIDOMIDE ?

- Immunosuppressant used in the treatment of some types of blood cancers
- Prescribed and renewed by your hospital doctor specialized in oncology or in hematology, limited to 4 weeks for women in procreating age and 12 weeks for all others.
- Available in hospital pharmacies on presentation of your prescription.





- Capsules **dosed at 1 mg** (blue body and dark blue head, bearing « POML 1mg ») **2 mg**, orange body and dark blue head, bearing « 2 mg »), **3 mg** (green body and , bearing « POML 3mg ») or **4 mg** (blue body and dark blue head, bearing « POML 4 mg »)



- Store at a temperature not over 30°C, out of reach and sight of children.
- Do not get the capsules out of their packaging to put them in a pill-box.
- Wash your hands carefully before and after each handling of the capsules.
- Do not throw away the opened boxes, please bring them back to your pharmacist.

HOW TO TAKE THIS MEDICINE?

| | | |
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| When ? |h..... | = 1 take a day at a fixed time, during or away from meals, preferably in the morning. |
| How ?  | Salo the capsules whole, with water, every day at the same moment of the day. Do not chew, nor cut, crush or dissolve the capsules. In case of direct contact of the powder with the skin, wash abundantly and immediately with soap and water. In case of contact with mucous membranes, rinse with water abundantly.  | |

You can help yourself with **your tracking book and a calendar** to spot the takes. Never stop or change the rhythm of administration of your treatment without your doctor's advice.

** This file is not a prescription ; refer to your latest prescription..

WHAT TO DO IN CASE OF MISSING OR VOMITING?



- **In case of missing**, take the missed dose as soon as possible on the very day. Resume the treatment at the usual time and the usual dose in the next take (do not double the dose). Remember to note it in your tracking book*.
- **In case of vomiting**, do not take a new dose. The next dose will be taken at the usual time, without doubling it. Remember to note it in your tracking book*

INTERACTIONS WITH OTHER MEDICINES AND/OR FOOD



Check with your **doctor and pharmacist** that the medicines (with or without prescription) and/or other substances (food and plants, probiotics, essential oils, food supplements...) and other by-products that your are taking are **compatible with your treatment**. The molecules they contain, their measuring and frequency of consumption may have interact with your treatment and affect its efficiency.









- You and your partner must use efficient contraceptive methods (condom and an other method) during the whole treatment and for at least 4 weeks after the last take for women and at least 7 days after the last take for men.
The use of oestrogen-progesterone pills is not advised (increased risk of venous thromboembolic accident, with persistence of this risk for 4 to 6 weeks after stopping the pill).
- Stop breast feeding during the treatment.


*Tracking book available on the sites www.omeditbretagne.fr or www.omedit-paysdelaloire.fr


WHAT IS SIDE EFFECTS MAY OCCUR WITH IMNOVID® POMALIDOMIDE ?

Like all medicines, Pomalidomide may bring about side effects, although you may not experience any.

| Side effects | Prevention |
|--|---|
|  Skin eruption | Use a hypoallergenic gel or soap-free bar. Avoid hot water. Dab your skin dry. Apply a hydrating agent (cream or milk). Avoid exposure to the sun, especially between 12.00 and 16.00. Wear protecting clothes, even under a parasol (reflexion of UVA). Use a sun cream >50, to be applied 30' before exposure and renewed every 2 hours |
|  Pains in the hands and feet, pins and needles, loss of sensitiveness | Treat any cut or injury (blister). Do not use hot water (check the temperature with your elbow). Protect yourself from the cold. Regular exercise (walking 3 times a week) , relaxation exercises (sophrology, yoga, tai-chi) may reduce the pain. Beware about falling risks (dim light, object on the ground) ; use bannisters, rails and sticks). Favor healthy and well-balanced feeding. |
|  Digestive effects : constipation or diarrhea, abdominal pains, nauseas, vomiting, loss of appetite | Remember to hydrate well (2 l of water a day) ; rather drink between meals. Watch over your weight. In case of constipation , favor food that is rich in fibers (bran, cereals, wholemeal bread, green vegetables, fruit and dried fruit ...) and take regular exercise. In case of diarrhea , favor food that is poor in fibers (starchy food, carrots, bananas...). Avoid some food that may speed up your intestinal transit (dairy, raw fruit and vegetables, cereals, fat food, spices). Have salt in your food. In case of nauseas/vomiting , make several small light meals and eat slowly. Avoid fat , fried and spicy food, and all such food whose smell may trigger nauseas. Avoid staying on an empty stomach as this increases nauseas. In case of vomiting , use the antisemitic medicines you have been prescribed. |
|  Warm, painful and red arm and calf, with short breath (thrombosis) | Drink abundantly, especially in times of hot weather. Take activity that favor blood circulation (walking, swimming) . In case of long travel, (bus, plane, car) wear support socks or stockings and take a few minutes' walk at regular intervals. In such a case, you may be prescribed an antithrombotic symptomatic treatment preventively. |
|  Fatigue | Favor healthy food. Limit using psychostimulants (coffee, tobacco, alcohol). Be prudent if you have to drive. Respect moments of rest during the day but remain active even moderately. Go to bed at a regular time and sleep long enough. |
|  Swelling of the face and limbs | Favor low-salted food. Avoid tight clothes. In case of swelling of the legs, raise your feet when sitting. Wear support stockings, putting them on in the morning when rising, on rested legs. Watch over your weight regularly. If such swelling should occur, contact your doctor. |

Only some of the most frequent side effects are mentioned above. For further information, refer to your packaging or ask your medicine leaflet or pharmacist for advice.

 You can also ask your questions to your center for side effects monitoring, or notify any side effect on the following site : signalement-sante.gouv.fr

 In all cases, remember to make the biological tests prescribed by your doctor.

WHAT TO DO IN CASE OF SIDE EFFECTS?

- Take the medication prescribed for side effects in accordance with the doses.
- Respect measures of prevention .

Useful contacts:

Remarks :

Promptly contact your doctor in case of :

- Signs of infection (fever, cough, shivers, urinary burns)
- Change in vision
- Warm, painful and red arm or calf, with short breath
- Any persisting or worsening side effect.

