



WHAT IS REVLIMID® LENALIDOMIDE ?

- An immunosuppressant used in the treatment of some blood cancers
- Prescribed and renewed by your hospital doctor specialized in oncology and hematology (prescription limited to 4 weeks for women in procreating age and 12 weeks for all other patients)
- Available in hospital pharmacies on presentation of your prescription

- Capsule bearing « REV » followed by the measuring (in mg)
- Several measurings available : **2,5 ; 5 ; 7,5 ; 10 ; 15 ; 20 ; 25 mg**
- *There exist generics in different colours*



- Store at a temperature not over 30 °, out of sight and reach 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?

When ?

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= 1 take a day at a fixed hour during or away from a meal

how?



Swallow 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 a direct contact of the powder with the **skin**, wash immediately and abundantly with soap and water. In case of contact with the **mucous**, rinse abundantly with water.



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 in less than 12 hours**, take the missed dose. The next dose will be taken at the usual time. **In case of missing for over 12 hours**, do not take the missed dose. The next dose will be taken at the usual hour, without doubling it. Please 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 hour without doubling it. Please note it in your tracking book*.

INTERACTIONS WITH OTHER MEDICINES AND/OR FOOD



Check with your **doctor and your pharmacist** that the medicines (with or without prescription) and/or other substances (**food, plants, among which grapefruit and St John's Wort**, probiotics, essential oils, food supplements...) and by-products that you are using are **compatible with your treatment**. The molecules they contain, their measuring and consuming frequency may interact with your treatment and condition its efficiency.








- You and your partner must use efficient contraceptive methods (condoms and one other method) during the whole treatment **and for at least 4 weeks after the last take for women and for at least 7 days after the last take for men**. Lenalidomide may reduce the efficiency of oral contraceptives in case of an association with dexaméthasone. The use of combined oral contraceptives is not advisable (increased risk of venous thromboembolic accidents)
- Stop breast feeding during the treatment



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

WHAT SIDE EFFECTS MAY OCCUR WITH REVLIMID® LENALIDOMIDE ?

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

Side effects	Prevention
 <p>Skin eruption</p>	Use a gel or a soap-free hypoallergenic bar. Avoid hot water ; Dab your skin dry. Apply an hydrating agent (cream or milk). Avoid exposure to the sun, especially between 12 and 16h. Wear protecting clothes, even under a parasol (UVA reflexion). Use an >50 skin protection, to be applied 30 minutes before exposure and renewed every 2 hours.
 <p>Skin dryness</p>	Limit the frequency of showers/baths to 1/day (maximum 15 minutes, at 32°). Use a gel or a soap-free hypoallergenic bar. Dab your skin dry. Apply a hydrating agent (cream or milk). Favor wide and light cotton clothes. Use a washing powder adapted to fragile skins (no softener). Drink 2 L of water a day.
 <p>Pains in hands and feet, pins and needles, loss of sensitiveness</p>	Treat any cut or injury (blisters). Do not use hot water (check the temperature with your elbow) ; protect yourself from the cold. Regular exercise (walking 3times a week) and relaxing exercises (sophrology, yoga, tai-chi) may reduce pain. Anticipate any risk of falling (poor lighting, objects on the ground) ; use rails and ramps, and a stick if necessary. See that you have a healthy and well-balanced feeding.
 <p>Digestive effects : constipation or diarrheas, abdominal pains, nausea, vomiting, loss of appetite</p>	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 physical exercise. In case of diarrheas , 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). Add salt to your food. In case of nauseas/vomiting , make several small light meals and eat slowly. Avoid greasy, fried and spicy food and those whose smell may trigger nauseas. Avoid staying on an empty stomach as that may increase nauseas. In case of vomiting, use the antiemetic medicines you have been prescribed.
 <p>Pains in muscles</p>	Remember to hydrate well before, during and after effort. Take regular and adapted physical exercise ; do not forget to warm up before.
 <p>Fatigue and headaches</p>	Favor healthy feeding at regular hours. Limit having psychostimulants (coffee, tobacco, alcohol). Respect moments of rest during the day while remaining active, even moderately ; go to bed at a regular hour. Be prudent if you have to drive.
 <p>Swelling of the face and limbs</p>	Keep having low-salted food. Avoid wearing tight clothes. In case of swelling of the legs, raise your feet when sitting. Wear support stockings and put them on on rested legs at getting up time. Watch over your weight regularly. In case of such swelling, contact your doctor.

Only some of the most frequent side effects mentioned above. For further information, please refer to your medicine leaflet or ask your doctor or pharmacist for advice.
 You can also ask your question ask your question to [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, shivers, cough, urinary burns)
- Change in vision
- Warm, painful and red arm or calf, with short breath
- Any persisting or worsening side effect

