



What is IMNOVID®

Medicine Name	Description
Pomalidomide	1 mg gelatin capsule: blue-yellow 2 mg gelatin capsule: blue-orange 3 mg gelatin capsule: blue-green 4 mg gelatin capsule: blue

How should you take your medicine?

Your doctor has determined your medicine dosage.

In your case, the dosage is as follows: mg/day, i.e. gelatin capsules mg/day, once a day for 3 consecutive weeks, every 4 weeks (7 day gap)

Swallow whole with a glass of water, without opening, diluting, or chewing the capsules. At a set time, with or without meals.

If you forgot to take a dose or in case of vomiting, do not take an additional dose but wait for the time to take the next dose.

Dosage – therapy regimen

Once a day, at a set time, with or without meals						
From D1 to D21, resume on D29	 D1	...	 D21	 D22	...	 D28

How to get the medicine supply?

This medicine is available in a hospital pharmacy.

A patient's medical record and a signed medical care agreement are required to receive the medication.

Getting this medicine might take time. Be careful and order the medicine in advance. Store this product in its original packaging, away from sources of heat and moisture.

What else do you need to know?

Precautions and monitoring

Laboratory tests are necessary while taking your medication (blood test to monitor blood counts), as well as clinical condition monitoring.

Using contraceptives

This drug may harm an unborn baby. During the entire treatment, you and your partner need to use effective contraception methods (**condoms combined with another method**).

Interactions with other medications and/or food

The occurrence of interactions between IMNOVID® and your other treatments may have harmful consequences (reduced drug efficacy and tolerance). It is important to tell your pharmacist and doctor about all medications and/or other substances (foods, plants, probiotics, essential oils, nutritional supplements, etc.) that you are taking.

Example While taking IMNOVID®, it is necessary to avoid using Saint John's wort.

What are possible side effects?

Only the most common side effects are listed below. There might be some other side effects. For additional information, refer to your medicine leaflet or seek advice from your doctor or pharmacist.

SIDE EFFECTS



<p>Most common ones</p>	<p>Signs of infection: fever, chills, cough, throat pain Digestive problems: diarrhea, constipation, nausea and vomiting, loss of appetite Skin problems: rash Neurological disorders: sensory disturbances (numbness, tingling, creeps), sensation of burning or electric shock, pain caused by cold, heat, and temperature changes, muscle spasms, drowsiness, dizziness Abnormal lab results: low multinuclear neutrophil count (neutropenia) and low platelet count (thrombocytopenia), low hemoglobin level (anemia) Others: fatigue, limb swelling, phlebitis</p>
<p>WHEN TO ALERT THE MEDICAL TEAM?</p>	
<p>Tell medical personnel if the following conditions are present and in the absence of specific medical advice</p>	<p>Suspected pregnancy > Of a woman who received treatment > Of a partner of a man who received treatment Digestive problems > Significant and/or rapid weight loss > Very frequent diarrhea, bowel movement over 4 times a day > Severe abdominal pain > Inability to drink for 24 hours and/or eat for about 48 hours > Bowel movements fewer than 3 times a week Symptoms suggestive of infection > Temperature > 38.5 °C > Cough, throat pain, pain on urination, diarrhea with fever Symptoms suggestive of hemorrhage > Blood in stool or in vomit > Hematomas (bruises), nose bleedings Symptoms suggestive of cardiotoxicity > Shortness of breath, high palpitation, or chest pain or tightness > Red, warm to the touch, and painful calf Skin problems > Significant blisters or severe peeling of the skin Symptoms suggestive of lysis syndrome > Urine color > Decreased urine output Pain in the side under the ribs Respiratory problems > Increasing constant cough or problems breathing</p>
<p>HOW TO PREVENT SIDE EFFECTS?</p>	
<p>Women of childbearing age</p>	<p>Pregnancy is contraindicated; the risk of birth defects. During the entire period of treatment and up to 2 years after the last dose, use two methods of birth control during sexual intercourse. Do a pregnancy test every month and for 2 years after your last dose.</p>
<p>Men</p>	<p>During the entire period of treatment and up to 2 months after receiving the last dose, use a condom during sexual intercourse.</p>
<p>Weight</p>	<p>Regularly check your weight in case of digestive problems.</p>
<p>Bleedings</p>	<p>Avoid taking anti-inflammatory drugs (ibuprofen, aspirin...) Notify your doctor: > if you take <i>blood thinners or thrombocytic antiaggregants</i>: careful monitoring is needed > about <i>surgical or dental intervention</i>.</p>
<p>Infection</p>	<p>Avoid visiting high risk areas (crowds, contact with sick people, ...). A flu and pneumococcal infection vaccine might be recommended for you: it will protect you.</p>
<p>Skin care</p>	<p>Opt for mild soap and moisturizer, pat skin dry. Avoid using any skin irritating products. <i>For sun protection use</i> broad spectrum sunscreen and avoid sun exposure.</p>
<p>Constipation</p>	<p>To stimulate intestinal transit, engage in adjusted and regular physical activities: walking, work in the garden, swimming, biking, sports...</p>
<p>Fatigue</p>	<p>Opt for activities contributing to well-being, in particular adjusted and regular physical activities: walking, work in the garden, swimming, biking, sports... Alternate periods of activity and rest.</p>
<p>HOW TO ADAPT YOUR DIET?</p>	



Diarrhea	Opt for a low fiber diet. It is preferable to consume starchy products, carrots, and bananas. Avoid using raw fruit and vegetables, dairy products, coffee, or alcohol. Drink more water.
Constipation	Opt for a high fiber diet. Drink more water.
Nausea	Opt for split nutrition consisting of several light meals, liquid and cold dishes. Limit consumption of fatty, fried, and spicy foods.
Weight loss	Opt for a higher calorie diet and "pleasure diet".
Cramps	Drink more water.

