




## What is REVLIMID®

Medicine Name	Description
Lenalidomide	<p>2.5 mg gelatin capsule 5 mg gelatin capsule 7.5 mg gelatin capsule 10 mg gelatin capsule 15 mg gelatin capsule 20 mg gelatin capsule 25 mg gelatin capsule</p> 

## 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. 1 gelatin capsule mg/day, once a day, for 3 weeks, every 4 weeks (перерыв 7 дней).

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 through 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, liver, kidney, and thyroid function, urine test for проверки на наличие белка), as well as clinical condition monitoring (arterial pressure, ECG).

### 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 REVLIMID® 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 REVLIMID®, it is necessary to avoid using olive leaf supplements.

## 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	
Most common ones	<p><b>Skin problems:</b> rash, hives, eczema</p> <p><b>Digestive problems:</b> constipation, diarrhea, loss of appetite and weight</p> <p><b>Cardiovascular disorders:</b> phlebitis, shortness of breath, chest pain</p> <p><b>Neurological disorders:</b> sensory disturbances (numbness, tingling, creeps), sensation of burning or electric shock, pain caused by cold, heat, and temperature changes, muscular spasms</p> <p><b>Others:</b> infection, fatigue, unusual bleedings</p>
WHEN TO ALERT THE MEDICAL TEAM?	
Tell medical personnel if the following conditions are present and in the absence of specific medical advice	<p><b>Digestive problems:</b></p> <ul style="list-style-type: none"> <li>&gt; Significant and/or rapid weight loss</li> <li>&gt; Very frequent diarrhea, bowel movement over 4 times a day</li> <li>&gt; Mouth pain or ulcers that prevent normal eating</li> <li>&gt; Severe abdominal pain</li> <li>&gt; Inability to drink for 24 hours and/or eat for about 48 hours</li> <li>&gt; Bowel movements fewer than 3 times a week</li> </ul> <p><b>Skin problems:</b></p> <ul style="list-style-type: none"> <li>&gt; Significant blisters or severe peeling of the skin</li> </ul> <p><b>Symptoms suggestive of cardiac toxicity</b></p> <ul style="list-style-type: none"> <li>&gt; Shortness of breath, high palpitation, or chest pain or tightness</li> <li>&gt; Red, warm to the touch, and painful calf</li> </ul> <p><b>Symptoms suggestive of neurological disorder</b></p> <ul style="list-style-type: none"> <li>&gt; Motor skills and coordination impairment</li> <li>&gt; Abnormal sensations, such as tingling, creeps</li> <li>&gt; Memory loss, difficulty concentrating, difficulty speaking</li> <li>&gt; Dizziness</li> </ul> <p><b>Symptoms suggestive of infection</b></p> <ul style="list-style-type: none"> <li>&gt; Temperature &gt; 38.5 °C</li> <li>&gt; Cough, throat pain, pain on urination, diarrhea with fever</li> </ul> <p><b>Suspected pregnancy</b></p> <ul style="list-style-type: none"> <li>&gt; Of a woman who received treatment</li> <li>&gt; Of a partner of a man who received treatment</li> </ul>
HOW TO PREVENT SIDE EFFECTS?	
Women of childbearing age	<b>Pregnancy is contraindicated;</b> the risk of birth defects. During the entire period of treatment and up to 4 weeks after the last dose, use two methods of birth control during sexual intercourse. <b>Do</b> a pregnancy test every month and for 4 weeks after your last dose.
Men	During the entire period of treatment and up to 1 month after receiving the last dose, <b>use</b> a condom during sexual intercourse.
Weight	<b>Regularly check your weight</b> in case of digestive problems.
Skin care	<b>Opt for</b> mild soap and moisturizer, pat skin dry. <b>Avoid</b> using any skin irritating products. <i>For sun protection use</i> broad spectrum sunscreen and <b>avoid</b> sun exposure.
Infection	<b>Avoid</b> visiting high risk areas (crowds, contact with sick people, ...). A flu and pneumococcal infection vaccine might be <b>recommended</b> for you: it will protect you.
Bleedings	<b>Avoid</b> taking anti-inflammatory drugs (ibuprofen, aspirin...) <b>Notify</b> your doctor: > if you take <i>blood thinners or thrombocytic antiaggregants</i> : careful monitoring is needed about <i>surgical or dental intervention</i> .
Fatigue	<b>Opt for</b> activities contributing to well-being, in particular adjusted and regular physical activities: walking, work in the garden, swimming, biking, sports... <b>Alternate</b> periods of activity and rest.
HOW TO ADAPT YOUR DIET?	
Diarrhea	<b>Opt for</b> a low fiber diet. It is preferable to <b>consume</b> starchy products, carrots, and bananas. <b>Avoid</b> using raw fruit and vegetables, dairy products, coffee, or alcohol. <b>Drink</b> more water.
Constipation	<b>Opt for</b> a high fiber diet. <b>Drink</b> more water.

