



Pomalyst
(pomalidomide) capsules
1 · 2 · 3 · 4 mg

My Disease & Treatment

This brochure can help you learn about your disease, treatment, and how to get ongoing support.

POMALYST is only available through a restricted distribution program, POMALYST REMS®.

Please see POMALYST Important Safety Information throughout and on pages 2-26, as well as full Prescribing Information, including Boxed WARNINGS regarding risk to unborn babies and blood clots, and Medication Guide.



“You have to be tougher than the disease, and I’m not going to let it win.”

– Marc, patient with MM

WELCOME

To prepare you for your treatment plan, we’ve created this brochure to help you:


- Learn about relapsed/refractory multiple myeloma (MM)
- Understand your treatment
- Find ongoing support

Important Safety Information

What is POMALYST® (pomalidomide)?

POMALYST is a prescription medicine, taken along with the medicine dexamethasone, used to treat adults with multiple myeloma who have previously received at least 2 medicines to treat multiple myeloma, including a proteasome inhibitor and lenalidomide, and whose disease has become worse during treatment or within 60 days of finishing the last treatment. It is not known if POMALYST is safe and effective in children.

Please see Important Safety Information throughout and full [Prescribing Information](#), including Boxed WARNINGS and [Medication Guide](#).

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Please see Important Safety Information throughout and full [Prescribing Information](#), including Boxed WARNINGS and [Medication Guide](#).

DISEASE DISCOVERY

What is relapsed/refractory multiple myeloma?

As you may know, multiple myeloma (MM) is a type of blood cancer that affects the plasma cells in your bone marrow. When your plasma cells are healthy, they work as part of your immune system to fight infection and disease.

In MM, plasma cells become abnormal and turn into cancerous myeloma cells. These cells can go undetected and multiply, crowding out healthy cells in the marrow.

Instead of making normal antibodies, in most patients, myeloma cells overproduce a substance called M protein, which can't fight infection.

Over time, it's common for a person with MM to go through periods of response to treatment and periods of relapse. If MM cells no longer respond to your treatment, your MM is considered to be "relapsed and/or refractory."

To find out how your disease is progressing, your doctor will monitor the levels of M protein in your blood. A large increase in this protein, or M spike, can indicate a relapse.

For more information about MM, go to POMALYST.com.



If you are not sure what a word means, ask your doctor about it at your next appointment. Additional information is available in the Key Terms section on page 22.

Please see Important Safety Information throughout and full [Prescribing Information](#), including [Boxed WARNINGS](#) and [Medication Guide](#).

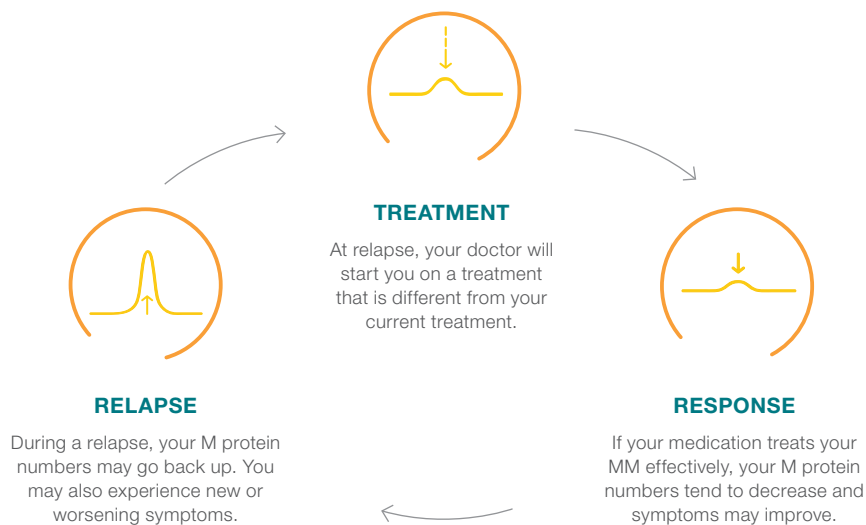
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Why does multiple myeloma keep coming back?

Currently, there is no cure for MM. Treatment can help reduce the number of myeloma cells in your body. However, these cells often stop responding to medication and can begin to grow uncontrollably again — and the cycle of MM restarts.

Relapsing MM is progressive and cyclic

It's common for someone with MM to go through periods of response to treatment and periods of relapse.



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ABOUT POMALYST

What is POMALYST® (pomalidomide)?

POMALYST is a prescription medication used to treat MM. You may hear your doctor refer to it as an IMiD® agent, which is short for immunomodulating.

POMALYST is:



Proven effective with dexamethasone if MM stops responding to REVLIMID® (lenalidomide) and a proteasome inhibitor (PI).



A capsule that can be taken wherever is convenient for you. POMALYST is taken with dexamethasone.



Not a traditional chemotherapy, an injection, or an infusion.

Please see full [Prescribing Information](#), including Boxed WARNINGS and [Medication Guide](#) for REVLIMID.

Important Safety Information (continued)

WARNINGS: Risk to unborn babies, and blood clots.

What is the most important information I should know about POMALYST?

Before you begin taking POMALYST, you must read and agree to all of the instructions in the POMALYST REMS® program. For more information, call 1-888-423-5436 or go to www.pomalystrems.com. Before prescribing POMALYST, your healthcare provider (HCP) will explain the POMALYST REMS program to you and have you sign the Patient-Physician Agreement Form.

Please see Important Safety Information throughout and full [Prescribing Information](#), including Boxed WARNINGS and [Medication Guide](#).



Why POMALYST?

If your MM stops responding to REVLIMID® (lenalidomide) and a proteasome inhibitor (PI), POMALYST with dexamethasone may help.

Over the course of your disease, your doctor will monitor your MM progression by examining the levels of M protein in your blood. A large increase in this protein, or M spike, can indicate that your MM has relapsed and is no longer responding to the medications you're taking. So, a different treatment will need to be introduced.

POMALYST has been studied in patients with relapsed/refractory multiple myeloma who had received lenalidomide and a protease inhibitor.



If you have questions about your disease or treatment, use the Notes pages in this brochure to write them down for your next doctor's appointment.

Important Safety Information (continued)

What is the most important information I should know about POMALYST? (continued)

POMALYST can cause serious side effects, including:

- **Possible birth defects (deformed babies) or death of an unborn baby.** Females who are pregnant or plan to become pregnant must not take POMALYST.
 - **POMALYST is similar to the medicine thalidomide (THALOMID®),** which is known to cause severe life-threatening birth defects. POMALYST has not been tested in pregnant females. POMALYST has harmed unborn animals in animal testing.

Please see Important Safety Information throughout and full [Prescribing Information](#), including [Boxed WARNINGS](#) and [Medication Guide](#).

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How does POMALYST® (pomalidomide) work?

Multiple myeloma is a disease that affects the body's immune system. IMiD agents, like POMALYST, work with your immune system to help fight MM. POMALYST, when taken in combination with dexamethasone, was shown to work in 3 ways in animal models and *in vitro**:



Stimulates: Helps enhance the function of certain cells used by the immune system to fight myeloma.



Strikes: Targets and kills myeloma cells, even those resistant to REVLIMID® (lenalidomide).



Starves: Helps reduce new myeloma cell growth by limiting blood supply.

**In vitro*: In a test tube or glass; outside of a living organism.

Important Safety Information (continued)

What is the most important information I should know about POMALYST? (continued)

- **Females must not get pregnant:**
 - For at least 4 weeks before starting POMALYST
 - While taking POMALYST
 - During any breaks (interruptions) in your treatment with POMALYST
 - For at least 4 weeks after stopping POMALYST
- **Females who can become pregnant:**
 - Will have pregnancy tests weekly for 4 weeks, then every 4 weeks if your menstrual cycle is regular, or every 2 weeks if your menstrual cycle is irregular.

If you miss your period or have unusual bleeding, you will need to have a pregnancy test and receive counseling.

Please see Important Safety Information throughout and full [Prescribing Information](#), including [Boxed WARNINGS](#) and [Medication Guide](#).

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Is POMALYST taken with other medications?

POMALYST is used in several FDA-approved therapy combinations in relapsed/refractory MM. Your doctor can prescribe you a doublet or triplet containing POMALYST:

- Doublets are a combination of 2 medications
- Triplets are a combination of 3 medications

POMALYST may not work for everyone. Ask your doctor if a POMALYST-containing regimen is right for you.



POMALYST is a once-daily capsule that can be taken with other FDA-approved MM medications.

Important Safety Information (continued)

What is the most important information I should know about POMALYST? (continued)

- Must agree to use 2 acceptable forms of effective birth control at the same time, for at least 4 weeks before, while taking, during any breaks (interruptions) in treatment, and for at least 4 weeks after stopping POMALYST.
- Talk with your healthcare provider to find out about options for acceptable forms of birth control that you may use to prevent pregnancy during and after treatment with POMALYST.
- **If you become pregnant while taking POMALYST, stop taking it right away and call your healthcare provider.** If your healthcare provider is not available, you can call the REMS Call Center at 1-888-423-5436. Healthcare providers and patients should report all cases of pregnancy to:
 - FDA MedWatch at 1-800-FDA-1088
 - REMS Call Center at 1-888-423-5436

Please see Important Safety Information throughout and full [Prescribing Information](#), including [Boxed WARNINGS](#) and [Medication Guide](#).

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How effective is POMALYST® (pomalidomide)?

POMALYST was proven to work in patients whose MM had progressed on REVLIMID® (lenalidomide).

A clinical trial studied 455 patients whose MM had stopped responding to at least 2 prior medicines, including REVLIMID and a proteasome inhibitor (PI). A total of 302 patients received POMALYST with low-dose dexamethasone, and 153 patients received high-dose dexamethasone alone.

This study evaluated 2 key areas:

- 1. Progression-free survival (PFS)** measures how long a patient lives without the disease getting worse. This was the main goal of the study.
- 2. Overall survival (OS)** refers to the length of time a patient lives since the start of treatment.

Please see full [Prescribing Information](#), including Boxed WARNINGS and [Medication Guide](#) for REVLIMID.

Important Safety Information (continued)

What is the most important information I should know about POMALYST? (continued)

There is a pregnancy exposure registry that monitors the outcomes of females who take POMALYST during pregnancy, or if their male partner takes POMALYST and they are exposed during pregnancy. You can enroll in this registry by calling the REMS Call Center at the phone number listed above.

- **POMALYST can pass into human semen:**
 - Males, including those who have had a vasectomy, must always use a latex or synthetic condom during any sexual contact with a pregnant female or a female that can become pregnant while taking POMALYST, during any breaks (interruptions) in your treatment with POMALYST, and for 4 weeks after stopping POMALYST.

Please see Important Safety Information throughout and full [Prescribing Information](#), including Boxed WARNINGS and [Medication Guide](#).

Patients taking POMALYST with low-dose dexamethasone had:



2x Longer Progression-free survival (PFS)

Median PFS: 3.6 months for POMALYST with low-dose dexamethasone vs 1.8 months with high-dose dexamethasone



1.5x Longer Overall survival

Median OS: 12.4 months for POMALYST with low-dose dexamethasone vs 8.0 months with high-dose dexamethasone

Think of median as the middle value of a set of data points.

Safety findings: Common side effects of POMALYST ($\geq 30\%$) include tiredness and weakness, upper respiratory tract infection, low platelets, fever, shortness of breath, diarrhea, constipation, back pain, and nausea.

Please see Important Safety Information and full [Prescribing Information](#), including Boxed WARNINGS and [Medication Guide](#), for REVLIMID.

Important Safety Information (continued)

What is the most important information I should know about POMALYST? (continued)

- Do not have unprotected sexual contact with a female who is or could become pregnant. Tell your healthcare provider if you do have unprotected sexual contact with a female who is or could become pregnant.
- Do not donate sperm while taking POMALYST, during any breaks (interruptions) in your treatment, and for 4 weeks after stopping POMALYST. If a female becomes pregnant with your sperm, the baby may be exposed to POMALYST and may be born with birth defects.

Please see Important Safety Information throughout and full [Prescribing Information](#), including Boxed WARNINGS and [Medication Guide](#).

POMALYST REMS® PROGRAM

Every patient who takes POMALYST® (pomalidomide) must enroll in the POMALYST Risk Evaluation and Mitigation Strategy (REMS) program.

Information for men

Counseling



Your healthcare provider will counsel you on why and how you and your partner should prevent pregnancy. Your healthcare provider will also inform you not to share the drug, not to donate blood or sperm, and about appropriate contraceptive use. You should be instructed not to extensively handle or open POMALYST capsules.

Enrollment



You and your healthcare provider will then complete and submit the POMALYST Patient-Physician Agreement Form.

Complete Mandatory Confidential Survey



You will not have to take a survey for your first prescription, but will have to do so for the following ones. Visit **www.pomalystrems.com**, download the REMS Companion App, or call 1-888-423-5436 (press 1).

Prescription



Your healthcare provider will send your prescription to a certified pharmacy.

Pharmacy Call



The certified pharmacy will contact you to provide counseling on the serious risks and safe-use conditions of POMALYST before you receive your prescription. They will also coordinate delivery of POMALYST to you.

Receive POMALYST



POMALYST will be shipped with a Medication Guide to the address you provide. A signature will be required to receive this shipment.

For full detailed information about the POMALYST REMS® program requirements, please visit **www.pomalystrems.com** or review the Patient Guide to the POMALYST REMS program.

Please see Important Safety Information throughout and full [Prescribing Information](#), including Boxed WARNINGS and [Medication Guide](#).

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Information for women



Counseling

Your healthcare provider will counsel you on why and how you and your partner should prevent pregnancy. Your healthcare provider will also inform you not to share the drug, not to donate blood, and about appropriate contraceptive use. You should be instructed not to extensively handle or open POMALYST capsules.



Pregnancy Test #1

If you can get pregnant, you must take an initial pregnancy test within 10-14 days before getting a POMALYST prescription.



Pregnancy Test #2

If you can get pregnant, you must take a second pregnancy test within 24 hours before getting a POMALYST prescription.



Enrollment

You and your healthcare provider will then complete and submit the POMALYST Patient-Physician Agreement Form.



Complete Mandatory Confidential Survey

You and your healthcare provider will each complete a survey. Visit www.pomalystrems.com, download the REMS Companion App, or call 1-888-423-5436 (press 1).



Prescription

Your healthcare provider will send your prescription to a certified pharmacy.



Pharmacy Call

The certified pharmacy will contact you to provide counseling on the serious risks and safe-use conditions of POMALYST before you receive your prescription. They will also coordinate delivery of POMALYST to you.



Receive POMALYST

POMALYST will be shipped with a Medication Guide to the address you provide. A signature will be required to receive this shipment.

Please see Important Safety Information throughout and full [Prescribing Information](#), including [Boxed WARNINGS](#) and [Medication Guide](#).

STARTING AND STAYING ON POMALYST

How do I take POMALYST® (pomalidomide)?

POMALYST is a once-daily capsule you can take at home or wherever is convenient for you. Depending on where you are in your MM journey, your doctor will prescribe a dose that suits your needs.

There are many different factors that affect how you take POMALYST. For example, your dose may change, depending on your lab results. Typically, you'll take POMALYST once a day for 21 days out of a 28-day cycle. Consult your doctor for your exact schedule.

POMALYST is taken in combination with dexamethasone as prescribed by your doctor.



Use the **Planning My Routine** brochure in your kit to help you keep track of your dosing schedule.

Important Safety Information (continued)

What is the most important information I should know about POMALYST? (continued)

Men, if your female partner becomes pregnant, you should call your healthcare provider right away.

- **Do not donate blood** while you take POMALYST, during any breaks (interruptions) in your treatment, and for 4 weeks after stopping POMALYST. If someone who is pregnant gets your donated blood, her baby may be exposed to POMALYST and may be born with birth defects.
- **Blood clots in your arteries, veins, and lungs, heart attack, and stroke can happen if you take POMALYST.**
 - Most people who take POMALYST will also take a blood thinner medicine to help prevent blood clots.
 - Before taking POMALYST, tell your healthcare provider:

Please see Important Safety Information throughout and full [Prescribing Information](#), including [Boxed WARNINGS](#) and [Medication Guide](#).



What should I keep in mind when taking POMALYST?

Important dosing information



Take POMALYST exactly as prescribed, and follow all the instructions of the POMALYST REMS® program.



Swallow POMALYST capsules whole with water 1 time a day. Do not break, chew, or open your capsules.



POMALYST may be taken with or without food. Take POMALYST at about the same time each day. If you are on hemodialysis, take POMALYST after hemodialysis on hemodialysis days.



Do not open the POMALYST capsules or handle them any more than needed. If you touch a broken POMALYST capsule or the medicine in the capsule, wash the area of your body right away with soap and water.

12
HRS

If you miss a dose of POMALYST and it has been less than 12 hours since your regular time, take it as soon as you remember. If it has been more than 12 hours, just skip your missed dose.



Do not take 2 doses at the same time. If you take too much POMALYST, call your healthcare provider right away.



Do not share POMALYST with other people. It may cause birth defects and other serious problems.

Important Safety Information (continued)

What is the most important information I should know about POMALYST? (continued)

- If you have had a blood clot in the past.
- If you have high blood pressure, smoke, or if you have been told you have a high level of fat in your blood (hyperlipidemia).
- About all the medicines you take. Certain other medicines can also increase your risk for blood clots.

Please see Important Safety Information throughout and full [Prescribing Information](#), including [Boxed WARNINGS](#) and [Medication Guide](#).

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What else should I know about POMALYST® (pomalidomide)?

Dosing modifications are sometimes necessary.

Your healthcare provider may tell you to decrease your dose, temporarily stop, or permanently stop taking POMALYST if you develop certain serious side effects during treatment with POMALYST.

For patients with severe renal impairment requiring dialysis:

Your doctor may recommend a lower dose (3 mg/day) or suggest that POMALYST be taken after your dialysis treatment on dialysis days.

Your doctor will tell you how to take POMALYST.

Follow your doctor's instructions carefully. Be sure to talk with your doctor or nurse if you have questions.



Use the **Notes section beginning on page 27** to write down any questions you have about POMALYST, and be sure to discuss them with your doctor at your next appointment.

Important Safety Information (continued)

What is the most important information I should know about POMALYST? (continued)

Call your healthcare provider or get medical help right away if you get any of the following during treatment with POMALYST:

- **Signs or symptoms of a blood clot in the lung, arm, or leg may include:** shortness of breath, chest pain, or arm or leg swelling.
- **Signs or symptoms of a heart attack may include:** chest pain that may spread to the arms, neck, jaw, back, or stomach area (abdomen); feeling sweaty, shortness of breath, feeling sick, or vomiting.

Please see Important Safety Information throughout and full [Prescribing Information](#), including [Boxed WARNINGS](#) and [Medication Guide](#).

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How long will I need to take POMALYST?

MM affects each person differently, so it's hard to say exactly how long you'll be taking POMALYST. But keep in mind, POMALYST with dexamethasone is intended to be used until your MM relapses again or worsens.

Your doctor may tell you to stop taking POMALYST if you develop certain serious side effects. Your doctor will also decide how long you should take POMALYST, so be sure to follow their instructions on treatment, schedule, and dose.

It's important to talk with your doctor or nurse about what may happen when you're taking POMALYST. It's also important for your doctor to know about any side effects you have while taking POMALYST. If you have certain side effects, your doctor may lower your dose, or delay or stop treatment.



Make sure to follow the POMALYST REMS® program instructions every month to refill your medication.

Important Safety Information (continued)

What is the most important information I should know about POMALYST? (continued)

- **Signs or symptoms of stroke may include:** sudden numbness or weakness, especially on one side of the body, severe headache or confusion, or problems with vision, speech, or balance.
- A red, itchy skin rash
- Peeling of your skin or blisters
- Severe itching
- Fever

Please see Important Safety Information throughout and full [Prescribing Information](#), including Boxed WARNINGS and [Medication Guide](#).

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What are the possible side effects of POMALYST® (pomalidomide)?

While taking POMALYST, you may experience side effects. Some of these side effects may be serious. It's important to talk to your doctor about the side effects you experience while taking POMALYST. Your doctor may adjust or delay your dose, which could help with side effects, so you can stay on treatment longer.

SERIOUS SIDE EFFECTS OF POMALYST INCLUDE:

- Possible birth defects (deformed babies) or death of an unborn baby
- Blood clots in your arteries, veins, and lungs; heart attack; and stroke
- Low white blood cells, low platelets, and low red blood cells
- Severe liver problems, including liver failure and death
- Severe allergic reactions and severe skin reactions
- Dizziness and confusion
- Nerve damage
- Risk of new cancers (malignancies)
- Tumor Lysis Syndrome (TLS)

Your doctor may tell you to stop taking POMALYST if you develop certain serious side effects.

Please read "What are the possible side effects of POMALYST?" on [*pages 25 and 26 for more information.*](#)

Important Safety Information (continued)

What is the most important information I should know about POMALYST? (continued)

Get emergency medical help right away if you develop any of the following signs or symptoms during treatment with POMALYST:

- swelling of your lips, mouth, tongue, or throat
- a very fast heartbeat
- trouble breathing or swallowing
- you feel dizzy or faint
- raised red areas on your skin (hives)

Please see Important Safety Information throughout and full [Prescribing Information](#), including [Boxed WARNINGS](#) and [Medication Guide](#).



THE MOST COMMON SIDE EFFECTS OF POMALYST INCLUDE:

- Low white blood cells
- Low red blood cells
- Tiredness and weakness
- Upper respiratory tract infection
- Low platelets
- Fever
- Shortness of breath
- Diarrhea
- Constipation
- Back pain
- Nausea



Check out the ***Understanding Side Effects*** brochure to find ways to talk to your doctor about side effects and get tips to help you manage them.

Important Safety Information (continued)

Who should not take POMALYST?

Do not take POMALYST if you:

- Are pregnant, plan to become pregnant, or become pregnant during treatment with POMALYST. **See “What is the most important information I should know about POMALYST?”**
- Are allergic to pomalidomide or any of the ingredients in POMALYST.

Please see Important Safety Information throughout and full [Prescribing Information](#), including Boxed WARNINGS and [Medication Guide](#).

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FINDING SUPPORT



Access Support® >

BMS Access Support® Can Provide Patient Access and Reimbursement Assistance

Bristol Myers Squibb is committed to helping patients gain access to their prescribed BMS medications. That's why we offer BMS Access Support. BMS Access Support provides resources to help patients understand their insurance coverage. In addition, we can share information on sources of financial support, including co-pay assistance for eligible commercially insured patients.



How BMS Access Support May Help

Find out how BMS can work with patients and their healthcare providers to help access a prescribed BMS medication.



Financial Support Options

There may be programs and services that could help with the cost of treatment. Learn about what options are available.



Additional Resources

We provide videos, tools, and other resources that may help with your access and reimbursement needs.

Have Questions About Our Program or Possible Financial Support?

If you have questions about coverage for a prescribed BMS medication, BMS Access Support may be able to help. Patients and their healthcare provider can complete an enrollment form to learn about programs that may be of assistance. Visit our website or contact BMS Access Support to learn more.



Call Bristol Myers Squibb Access Support at **1-800-861-0048**, 8 AM to 8 PM ET, Monday–Friday



Visit www.BMSAccessSupport.com

The accurate completion of reimbursement- or coverage-related documentation is the responsibility of the healthcare provider and the patient. Bristol Myers Squibb and its agents make no guarantee regarding reimbursement for any service or item.

Please see Important Safety Information throughout and full [Prescribing Information](#), including [Boxed WARNINGS](#) and [Medication Guide](#).



Where can I go for support?

There are a number of organizations that provide support and education for patients and caregivers. These include:

- **American Cancer Society (ACS):** cancer.org, 1-800-ACS-2345 (1-800-227-2345)
- **CancerCare:** [cancercare.org](http://cancer.org), 1-800-813-HOPE (1-800-813-4673)
- **Cancer Hope Network:** cancerhopenetwork.org, 1-800-552-4366
- **Caring Bridge:** caringbridge.org, 1-651-452-7940
- **International Myeloma Foundation:** myeloma.org, 1-800-452-CURE (1-800-452-2873)
- **The Leukemia & Lymphoma Society (LLS):** lls.org, 1-800-955-4572
- **Meals on Wheels America:** mealsonwheelsamerica.org, 1-888-998-6325
- **Multiple Myeloma Research Foundation (MMRF):** themmrf.org, 1-203-229-0464
- **The Myeloma Beacon:** myelomabeacon.com
- **Myeloma Crowd:** myelomacrowd.org
- **National Cancer Institute (NCI):** cancer.gov, 1-800-4-CANCER (1-800-422-6237)

Support and guidance for caregivers:

- **Cancer Support Community:** cancersupportcommunity.org, 1-888-793-9355
- **Caregiver Action Network:** caregiveraction.org, 1-855-CARE-640 (1-855-227-3640)
- **Lotsa Helping Hands:** lotsahelpinghands.com
- **National Alliance for Caregiving:** caregiving.org, 1-202-918-1013

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What are some key terms?

Here are some of the key terms and definitions found throughout this brochure.

Abnormal

Differing from what is normal or typical, usually in a noticeable way.

Antibodies

Specialized protein cells in the immune system that recognize harmful organisms and help fight infection.

Bone marrow

Soft tissue found inside your bones.

Dose

The amount of medicine given to a patient.

IMiD agent

An immunomodulatory drug that affects the immune system to fight cancer cell growth.

Immune system

A network of cells and organs that protect the body from disease.

M proteins

Abnormal antibodies made by multiple myeloma cells.

Multiple myeloma (MM)

A disease where plasma cells become cancerous and grow out of control.

Myeloma cells

Abnormal plasma cells.

Oral medication

A type of medicine that you take by mouth.

Overall response rate (ORR)

How patients respond to treatment overall.

Please see Important Safety Information throughout and full [Prescribing Information](#), including Boxed WARNINGS and [Medication Guide](#).

Overall survival (OS)

The length of time that a patient lives after the start of treatment.

Plasma cells

White blood cells that make substances which fight infections.

Progression-free survival (PFS)

The length of time that a patient lives with MM without it getting worse.

REMS

Risk Evaluation and Mitigation Strategy; the process that must be completed to receive your medication.

Side effects

An unintended reaction to, or result of, a treatment.

Stem cell transplant (SCT)

A procedure that replaces abnormal stem cells with healthy cells.

White blood cells

Cells found in the blood and lymph tissue that help fight infections and diseases.



If there are other terms that you don't understand, write them down and ask your doctor about them at your next appointment.

Important Safety Information (continued)

What should I tell my healthcare provider (HCP) before taking POMALYST® (pomalidomide)?

- If you smoke cigarettes (POMALYST may not work as well in people who smoke), have any other medical conditions, or are breastfeeding. Do not breastfeed during treatment with POMALYST—it is not known if POMALYST passes into breast milk and can harm the baby.
- If you have liver problems
- If you have kidney problems and are receiving hemodialysis treatment
- **Tell your HCP about all the medicines you take**, including prescription and over-the-counter medicines, vitamins, and herbal supplements. POMALYST and other medicines may affect each other, causing serious side effects. Talk with your HCP before taking any new medicines.

How should I take POMALYST?

Take POMALYST exactly as prescribed and follow all the instructions of the POMALYST REMS program.

- Swallow POMALYST capsules whole with water 1 time a day. **Do not break, chew, or open capsules.**
- Take POMALYST at the same time each day **with or without food.**
- If you are on hemodialysis, take POMALYST after hemodialysis on hemodialysis days.
- Do not open POMALYST capsules or handle them any more than needed. If you touch a broken POMALYST capsule or the medicine in the capsule, wash the area of your body right away with soap and water.
- If you miss a dose of POMALYST and it has been less than 12 hours since your regular time, take POMALYST as soon as you remember. If it has been more than 12 hours, just skip your missed dose. Do **not** take 2 doses at the same time.

Please see Important Safety Information throughout and full [Prescribing Information](#), including Boxed WARNINGS and [Medication Guide](#).



Important Safety Information (continued)

- If you take too much POMALYST, call your healthcare provider (HCP) right away.
- **Do not share POMALYST with other people.** It may cause birth defects and other serious problems.

What are the possible side effects of POMALYST?

- See “What is the most important information I should know about POMALYST?”
- **POMALYST can cause serious side effects, including:**
 - **Low white blood cells (neutropenia), low platelets (thrombocytopenia), and low red blood cells (anemia) are common with POMALYST, but can also be serious.** You may need a blood transfusion or certain medicines if your blood counts drop too low. Your blood counts should be checked by your healthcare provider (HCP) weekly for the first 8 weeks of treatment and monthly after that.
 - **Severe liver problems, including liver failure and death.** Your HCP should do blood tests to check your liver function during your treatment with POMALYST. Tell your HCP right away if you develop any of the following symptoms: yellowing of your skin or the white parts of your eyes (jaundice); dark or brown (tea-colored) urine; pain on the upper right side of your stomach area (abdomen); bleeding or bruising more easily than normal, or feeling very tired.
 - **Severe allergic and severe skin reactions** can happen with POMALYST and may cause death.
 - **Dizziness and confusion.** Avoid taking other medicines that may cause dizziness and confusion during treatment with POMALYST. Avoid situations that require you to be alert until you know how POMALYST affects you.

Important Safety Information (continued)

What are the possible side effects of POMALYST® (pomalidomide)? (continued)

- **Nerve damage.** Stop taking POMALYST and call your HCP if you develop numbness, tingling, pain, or a burning sensation in your hands, legs, or feet.
- **New cancers (malignancies).** New cancers, including certain blood cancers (acute myelogenous leukemia or AML) have been seen in people who received POMALYST. Talk with your HCP about your risk.
- **Tumor Lysis Syndrome (TLS).** TLS is caused by the fast breakdown of cancer cells. TLS can cause kidney failure and the need for dialysis treatment, abnormal heart rhythm, seizure, and sometimes death. Your HCP may do blood tests to check you for TLS.
- The most common side effects of POMALYST include tiredness and weakness, constipation, nausea, diarrhea, shortness of breath, upper respiratory tract infection, back pain, and fever.
- These are not all the possible side effects of POMALYST. Your HCP may tell you to stop taking POMALYST if you develop certain serious side effects during treatment. Call your HCP for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

Please see full Prescribing Information for POMALYST, including Boxed WARNINGS and Medication Guide.



My Disease & Treatment

To learn about your disease and taking POMALYST® (pomalidomide), visit [POMALYST.com](https://www.pomalyst.com).

Please see POMALYST Important Safety Information throughout and on pages 2-26, as well as accompanying full Prescribing Information, including **Boxed WARNINGS** and **Medication Guide**.

Download the REMS Companion App.

Take your monthly REMS survey from your smartphone by using the camera to scan the QR code and download the app.



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