



# Conversation Starter

Some questions to help guide your discussion as a patient or a caregiver.

## 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.

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

### Boxed WARNINGS

#### Selected Important Safety Information

Some of the serious side effects of POMALYST include:

- Possible birth defects (deformed babies) or death of an unborn baby.
- Can cause harm to unborn babies and blood clots.

Please see additional Important Safety Information throughout this brochure.

Please see detailed POMALYST Important Safety Information on pages 12-14, as well as full [Prescribing Information](#), including Boxed WARNINGS regarding risk to unborn babies and blood clots, and [Medication Guide](#).

## Selected Important Safety Information

- Do not take POMALYST® (pomalidomide) if you are pregnant, plan to become pregnant, or become pregnant during treatment with POMALYST. POMALYST may cause possible birth defects (deformed babies) or death of an unborn baby; blood clots in your arteries, veins, and lungs, heart attack, and stroke can happen if you take POMALYST.
- POMALYST can cause serious side effects including: low white blood cells (neutropenia), low platelets (thrombocytopenia), and low red blood cells (anemia). These are common with POMALYST, but can also be serious. 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).

Please see detailed Important Safety Information on pages 12-14 of this brochure.



Please see full Important Safety Information, including Boxed WARNINGS at the conclusion of this document. Talk to your healthcare provider if you have any questions.

## Every journey has a beginning

Multiple myeloma (MM) can be overwhelming and hard to understand. Our hope is that you'll use this Conversation Starter to help you talk to your doctor and ask meaningful questions.

Keep in mind, every patient has a different MM experience. Here are some tips to help prepare you for your journey:

- Bringing a friend or family member with you to your appointments may be helpful to provide an extra set of ears so you don't miss any of the details the doctor may explain.
- Consider bringing a notepad, a pen, and a list of all the medications you are currently taking to your doctor's office.
- Keep and bring notes of any new or ongoing side effects you're having. This will remind you to mention them to your doctor.

**Every patient with MM has a different journey. It's important to be prepared.**

## Considering treatment options

Together with your doctor, you'll develop a plan for how you're going to treat the disease. Here are some important questions to consider while discussing your treatment plan.

### QUESTIONS YOU MIGHT ASK:

- What are my treatment options?
- What should I consider when deciding if POMALYST® (pomalidomide) is right for me?
- What can I expect when taking POMALYST?
- What are the side effects with POMALYST that I should watch out for?
- Does POMALYST interact with any other medications I'm currently taking?

## Notes:

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## Taking POMALYST® (pomalidomide)

There are many important things to understand about multiple myeloma (MM) and about your medication. If your treatment plan includes POMALYST, here are some questions you may want to consider discussing with your doctor.

### QUESTIONS YOU MIGHT ASK:

- Why do I have to join the POMALYST REMS® program to take POMALYST?
- How long can I expect to be on POMALYST?
- How often do I need to come in for an appointment?
- How will you monitor my progress and results?
- What's the difference between a partial response and complete response?
- How will I know if my MM is getting worse?
- What happens if I experience a relapse with my MM?

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## Understanding potential side effects

Understanding the potential side effects of POMALYST® (pomalidomide) is very important. Throughout your treatment, keep a close eye on how you feel. Let your doctor know if you are experiencing any new symptoms or side effects. 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.

### QUESTIONS YOU MIGHT ASK:

- What should I do if I start experiencing side effects?
- What are serious side effects that I should be aware of with POMALYST?

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## Getting support

Learning about MM and treatment options is only part of the story. Here are some questions to help you with your discussion with your doctor.

### QUESTIONS YOU MIGHT ASK:

- Will my health insurance pay for POMALYST® (pomalidomide)?
- What if my POMALYST prescription is denied?
- Can BMS Access Support® help me even if I don't have health insurance?
- Can I pick up POMALYST from my local pharmacy?
- How can I get more information about POMALYST?

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## How to talk to loved ones

Now that your MM has returned, you may be wondering how to talk to friends and family to let them know what you're going through. You may even find some of the topics difficult to talk about.

Having someone close to you as a caregiver is important. They may be able to help you stay organized.

### QUESTIONS YOU MIGHT ASK:

- Would you like to come with me to my appointments?
- Can you help me prepare for my appointments?

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# Caregiver perspective

## GETTING SUPPORT:

- What resources are available for MM patients?
- Is there financial assistance to help cover the cost of treatment?
- Are you aware of any resources and support for caregivers?
- Are you aware of any organizations we should join?
- Is there someone who can help us with insurance?

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# Caregiver perspective

### PROVIDING CARE:

- Are there any dietary restrictions that we should be aware of?
- Are there activities we should avoid?
- What can I do to help them prepare for treatment?
- Can we make travel plans?
- What side effects can they expect to see with POMALYST® (pomalidomide)?
- What should I do if I think there are serious side effects?
- How can I get in touch with you if there's an emergency?

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## Caregiver perspective

### TAKING POMALYST® (pomalidomide):

- How often will we need to come in for appointments?
- How long will they be on treatment?
- How will you monitor their progress and results?
- What should I do if they experience side effects with POMALYST?
- What if they forget a dose?
- Can they take POMALYST with the other medicines they're currently on?

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## Caregiver perspective

### TALKING WITH PATIENT:

- What time of day do you need help with the most?
- How can I help you prepare for an appointment?
- Do you want me to come with you to all of your appointments?
- What can I do around the house to make things easier for you?
- Are there chores/errands I can help you with?
- Do you want me to help you organize your appointments?
- Do you want to join any support groups together?

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## Important Safety Information

### **WARNINGS: Risk to unborn babies, and blood clots.**

#### **What is the most important information I should know about POMALYST® (pomalidomide)?**

Before you begin taking POMALYST, you must read and agree to all of the instructions in the POMALYST REMS® program. Before prescribing POMALYST, your healthcare provider (HCP) will explain the POMALYST REMS program to you and have you sign the Patient-Physician Agreement Form.

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.
  - **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.
    - 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.

## Important Safety Information (continued)

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

- **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 Celgene Customer Care Center at 1-888-423-5436. Healthcare providers and patients should report all cases of pregnancy to:
  - FDA MedWatch at 1-800-FDA-1088
  - Celgene Corporation at 1-888-423-5436There 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 Celgene Corporation 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.
  - 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.**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.

## Important Safety Information (continued)

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

- **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:
    - 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.

### 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.
- **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

### 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
- trouble breathing or swallowing
- raised red areas on your skin (hives)

## Important Safety Information (continued)

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

- a very fast heartbeat
- you feel dizzy or faint

### 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.

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

- 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.

## Important Safety Information (continued)

### How should I take POMALYST? (continued)

- 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.
- 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.

## Important Safety Information (continued)

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

- **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.
- **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® (pomalidomide). 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, including Boxed WARNINGS and Medication Guide at links below.**



**Please see detailed POMALYST Important Safety Information on pages 12-14, as well as full Prescribing Information, including Boxed WARNINGS and Medication Guide.**

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