

**Brochure for Women Patients Not of Child Bearing Potential**

- Revlimid in combination with dexamethasone is used to treat adult patients who have been diagnosed with multiple myeloma. Multiple myeloma is a type of blood cancer that affects the white blood cells that produce antibodies.
- **Revlimid is expected to be harmful to the unborn child.**
- Revlimid is structurally related to thalidomide, which is known to cause severe life-threatening birth defects. If thalidomide is taken during pregnancy it can cause severe birth defects or death to an unborn baby. In the 1950s and 1960s thalidomide was prescribed to pregnant women as a sedative and to relieve morning sickness. As a result approximately 12,000 children were born with severe birth defects caused by thalidomide. Birth defects may include shortened arms or legs, malformed hands or feet, eye or ear defects, and internal organ problems.
- **Revlimid has been shown to produce birth defects (short limbs, bent fingers/toes, wrist and/or tail, extra or missing fingers/toes) in animals and it is expected to have a similar effect in humans**
- Prior to treating you with Revlimid, you will be asked to sign a Treatment Initiation Form to confirm that the benefits and risks of Revlimid therapy have been explained to you and that you have understood and agree to comply with the requirements of the Risk Management Plan.
- In order to ensure that an unborn baby is not exposed to Revlimid, your doctor will complete a Patient Card documenting that you are not able to become pregnant
- You should never share Revlimid with anyone else
- You should store Revlimid out of the reach of children.
- You should always return any unused capsules to the pharmacist
- You should not donate blood during treatment or for one week after treatment finishes

### **Side-effects**

Like all medicines, Revlimid can cause side-effects, although not everybody gets them. Some are more common than others and some are more serious than others. These are not all the side-effects that have been reported with Revlimid. Ask your doctor or pharmacist if you would like more information.

Almost all side-effects are temporary and can be easily prevented or treated. The most important thing is to be aware of what to expect and what to report to your doctor.

**Serious side-effects and what to look out for:**

**Low white blood cells and platelets**

Revlimid may cause a drop in the number of white blood cells in your blood. This can make you more prone to infections. You may be prescribed treatments to prevent infections or to boost your blood counts.

Revlimid may also cause a drop in the number of platelets in your blood. If the count drops too low you may be at risk of bleeding.

**Venous and Arterial Thromboembolism (Clots in blood vessels)**

Revlimid treatment may increase the risk of you developing blood clots in some blood vessels in the body. This is sometimes called deep vein thrombosis (DVT) or arterial thromboembolic events (ATEEs). People with myeloma may already have a higher risk of blood clots in vessels. You may be prescribed treatment to help prevent blood clots in vessels from forming.

**You should contact your doctor immediately if you experience any of the following:**

- any fever, chills, sore throat, cough, mouth ulcers or any other symptoms of infection
- any bleeding or bruising in the absence of injury
- any chest or leg pain
- any shortness of breath.

If you have any risk factors for developing thromboembolic events, e.g. smoking, high blood pressure, high cholesterol, a clotting disorder, a previous blood clot (in a vein or artery), you should tell your doctor.

**Other common side-effects with Revlimid are:**

- Muscle cramps or weakness
- Diarrhoea
- Constipation
- Nausea (feeling sick)
- Tiredness
- Difficulty sleeping
- Changes in body weight

### **Peripheral neuropathy**

Revlimid is structurally related to thalidomide, which is known to induce severe peripheral neuropathy (numbness, tingling, or pain in your hands and feet which may be due to nerve damage). At this time, the potential for nerve damage associated with long-term Revlimid use cannot be ruled out.

Remember, almost all side-effects are temporary and can be easily prevented or treated. If you experience any side-effect that causes you concern, contact your doctor or hospital team.

- If you experience any side effects whilst taking Revlimid you should tell your doctor

### **Further Information**

Further information regarding your Revlimid treatment can be obtained from the following organisations:

- International Myeloma Foundation [www.myeloma.org](http://www.myeloma.org)
- Myeloma Euronet [www.myeloma-euronet.org](http://www.myeloma-euronet.org)
- Myeloma UK [www.myelomaonline.org.uk](http://www.myelomaonline.org.uk)
- Revlimid European Public Assessment Report  
<http://www.emea.europa.eu/humandocs/Humans/EPAR/revlimid/revlimid.htm>