

# Imnovid<sup>®</sup> (pomalidomide)

## Brochure for Women Patients of Childbearing Potential

## Summary

- Imnovid<sup>®</sup> is the trade name for pomalidomide.
- Pomalidomide is structurally related to thalidomide, which is known to cause severe life-threatening birth defects, therefore pomalidomide is expected to be harmful to the unborn child.
- Pomalidomide has been shown to produce birth defects in animals and it is expected to have a similar effect in humans.
- You should never share Imnovid<sup>®</sup> with anyone else.
- You should always return any unused capsules to the pharmacist for safe disposal as soon as possible.
- You should not donate blood during treatment and for 7 days after treatment finishes, this includes dose interruptions.
- If you experience any side effects whilst taking Imnovid<sup>®</sup> you should tell your doctor.
- For additional information, please refer to the Patient Leaflet.

## Safety Information for all Patients

- You must never take Imnovid<sup>®</sup> if:
  - You are pregnant
  - You are breastfeeding
  - You are a woman who is able to become pregnant, even if you are not planning to become pregnant. Women able to become pregnant must use an effective form of contraception for 4 weeks before starting Imnovid<sup>®</sup>, throughout the duration of the treatment and for 4 weeks after stopping treatment
  - You are allergic to Imnovid<sup>®</sup> or to any of the other ingredients contained in the capsule.
- Pomalidomide is structurally related to thalidomide, which is known to cause severe, life-threatening birth defects
- Imnovid<sup>®</sup> is expected to be harmful to an unborn baby

## Side effects

Like all medicines, Imnovid<sup>®</sup> can cause side-effects, although not everybody gets them. Some are more common than others and some are more serious than others. Ask your doctor or pharmacist if you would like more information, and refer to the Package Leaflet. 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. It

is important that you talk to your doctor if you have any side-effects during Innovid<sup>®</sup> treatment.

### **Blood clots and infections**

Imnovid<sup>®</sup> treatment may increase the risk of you developing blood clots in some veins and arteries ("thromboembolic events") in the body. People with myeloma may already have a higher risk of blood clots. Symptoms of a blood clot can be leg pains, swelling and redness of the lower legs or arms.

This may be due to blood clots in the veins of your leg (deep vein thrombosis). Sometimes the clots can travel in your bloodstream to your lungs producing symptoms of chest pain and breathlessness.

You may be prescribed treatment to help prevent blood clots from forming. 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.

Imnovid treatment may increase the risk of you developing an infection. People with myeloma are also at a higher risk of infection because of the underlying disease.

Therefore you must tell your doctor immediately if you experience:

- any fever, chills, sore throat, cough, or any other signs of infection (due to reduced number of white blood cells, which fight infection)
- any bleeding or bruising in the absence of injury (due to effects on blood cells called 'platelets')
- any chest or leg pain and swelling, especially in your lower leg or calves
- any shortness of breath (from potential chest infection, inflammation of the lung, heart failure or blood clot – please see above).

### **Damage to nerves in the hands and feet**

Imnovid<sup>®</sup> treatment may increase the risk of you developing damage to nerves in the hands and feet ("peripheral neuropathy"). Many of the treatments for myeloma can cause damage to nerves in the hands and feet, or make current symptoms worse.

Therefore you must tell your doctor immediately if you experience:

- any tingling sensation or numbness to pain
- any muscle weakness
- any spasms

### **Feeling confused or less alert**

You should avoid situations where feeling confused or less alert may be a problem and you should first seek medical advice before taking other medicinal products known to cause feeling confused or less alert. You can reduce impact by taking pomalidomide at night

### **What should you tell your doctor before taking Imnovid<sup>®</sup>**

- If you are pregnant, if you think you may be pregnant or if you are planning to become pregnant, as Imnovid<sup>®</sup> is expected to be harmful to an unborn child
- If you think you are able to become pregnant and need advice on effective contraception
- If you are breastfeeding
- If you have previously had an allergic (hypersensitive) reaction such as rash, itching, swelling, feeling dizzy or trouble breathing while taking related medicines called ‘thalidomide’ or ‘lenalidomide’.
- If you have previously had an allergic (hypersensitive) reaction such as rash, itching, swelling, feeling dizzy or trouble breathing to any other ingredient in Imnovid<sup>®</sup> capsules. Ask your pharmacist for advice
- If you have had a heart attack, have heart failure, have difficulty breathing, or if you smoke, have high blood pressure, high cholesterol levels or are a diabetic
- If you have a history of kidney problems
- If you have a history of liver problems
- If you have a history of thrombosis (blood clots)
- If you are taking or have recently taken any other medicines, including medicines bought without a prescription.

### **How to take your medication**

Your pharmacist can give you help and advice on taking your medicines. Some people find it helpful to mark on a calendar when they have taken their medicines each day or to set an alarm clock to remind them to take their medicines.

#### **Imnovid<sup>®</sup>**

- Your doctor will prescribe a dose of Imnovid<sup>®</sup> suited to you
- Imnovid<sup>®</sup> is taken orally (by mouth) usually once each day for 21 days followed by a 7-day rest. The total 28 days is called a cycle.
- Your doctor may adjust your dose depending on the result of blood tests and any side-effects you may experience
- Do not take more capsules than your doctor has prescribed. If in doubt, ask your doctor or pharmacist for advice
- Imnovid<sup>®</sup> capsules should be swallowed whole, with a glass of water, with or without food
- Imnovid<sup>®</sup> can be taken at any time of day but it should be taken at approximately the same time each day

#### **Dexamethasone**

- Imnovid<sup>®</sup> is licensed to be taken in combination with dexamethasone and therefore you are likely to receive both
  - If you are also taking dexamethasone tablets you can take these at the same time as your Imnovid<sup>®</sup>
  - Dexamethasone is usually only taken for a few days each week. Follow the instructions from your doctor/pharmacist carefully

### **What to do if you have taken more than the prescribed dose of Imnovid<sup>®</sup>:**

If you accidentally take too many capsules, contact your doctor immediately.

### **Taking other medicines**

Please tell your doctor or pharmacist if you are taking or have recently taken any other medicines, including medicines bought without a prescription. If you are seeing a different doctor or other healthcare professional for treatment (your dentist for example) you should tell them that you are taking Innovid<sup>®</sup> and dexamethasone.

### **How to store Innovid<sup>®</sup> safely**

- Keep your Innovid<sup>®</sup> in a safe place out of the reach and sight of children.
- Keep your Innovid<sup>®</sup> capsules in the original box at room temperature.
- Do not use after the expiry date written on the box.

### **End of Treatment Requirements**

**After completing your Innovid<sup>®</sup> treatment, it is important that:**

- You return any unused Innovid<sup>®</sup> capsules to your pharmacist
- You do not donate blood for 7 days.
- Continue using your effective pregnancy prevention method for a further 4 weeks
- Your doctor will perform a final pregnancy test after 4 weeks.

### **Pregnancy Prevention Programme**

- Prior to treating you with Innovid<sup>®</sup>, you will be asked to sign a Treatment Initiation Form to confirm that the benefits and risks of Innovid<sup>®</sup> therapy have been explained to you and that you have understood and agree to comply with the requirements of the Risk Management Plan.
- If Innovid<sup>®</sup> is taken during pregnancy, severe, life-threatening birth defects are expected. If you are pregnant, if you think you may be pregnant or if you are planning to become pregnant you should tell your doctor and **MUST NOT** take Innovid<sup>®</sup>. Even if you are not having regular periods or are approaching the menopause you may still be able to become pregnant.
- In order to ensure that an unborn baby is not exposed to Innovid<sup>®</sup>, your doctor will complete a Patient Card documenting that you have been informed of the requirement for you **NOT** to become pregnant during treatment with Innovid<sup>®</sup> and for one month after finishing Innovid<sup>®</sup>. You will be given a copy of the Patient Card.
- You should tell your doctor if you are pregnant or think you may be pregnant or are planning to become pregnant, as Innovid<sup>®</sup> is expected to be harmful to an unborn child
- If you are able to become pregnant, you must follow all the necessary measures to prevent you becoming pregnant and ensuring you are not pregnant during

treatment. Before starting the treatment, you should ask your doctor if you are able to become pregnant, even if you think this is unlikely.

- If you are able to become pregnant and even if you agree and confirm every month that you will not engage in heterosexual activity you will have pregnancy tests under the supervision of your doctor before treatment. These will be repeated every 4 weeks during treatment, during dose interruption and 4 weeks after the treatment has finished (unless it is confirmed that you have had a tubal sterilisation)
- The date and result of the monthly pregnancy test will be documented on the Patient Card. Your pharmacist will check the Patient Card prior to each dispensing of Imnovid<sup>®</sup>.
- You should start your Imnovid<sup>®</sup> treatment as soon as possible after having a negative pregnancy test result.
- If you are able to become pregnant you must use effective methods of contraception for 4 weeks before starting treatment, during treatment (including dose interruptions), and until 4 weeks after stopping treatment. Your doctor will advise you on appropriate methods of contraception as some types of contraception are not recommended with Imnovid<sup>®</sup>. It is essential therefore that you discuss this with your doctor.
- Where to get advice on contraception: if you do not currently have effective contraception, your doctor will be able to advise you where you can obtain this.
- If you suspect you are pregnant at any time whilst taking Imnovid<sup>®</sup> or in the 4 weeks after stopping treatment, you must stop Imnovid<sup>®</sup> immediately and immediately inform your doctor. Your doctor will refer you to a physician specialised or experienced in teratology for evaluation and advice.
- Inform your doctor prescribing the contraception that you are on Imnovid<sup>®</sup>.
- Inform your doctor prescribing Imnovid<sup>®</sup> if you have changed or stopped the method of contraception

Before starting Imnovid<sup>®</sup> treatment you should discuss with your doctor whether or not there is any possibility that you could become pregnant. Some women who are not having regular periods or who are approaching the menopause may still be able to become pregnant.

Unless you fall into one of the following categories you must follow the pregnancy prevention advice presented in this section:

- You are at least 50 years old and it has been at least one year since your last

period (if your periods have stopped because of cancer therapy or during lactation, then there is still a chance you could become pregnant)

- Your womb has been removed (hysterectomy)
- Your fallopian tubes and both ovaries have been removed (bilateral salpingo oophorectomy)
- You have premature ovarian failure, confirmed by a specialist gynaecologist
- You have the XY genotype, Turner's syndrome or uterine agenesis

You may need an appointment and tests with a specialist in female medicine to confirm that you cannot become pregnant. Every woman who is able to become pregnant even if they are not planning to must follow the precautions detailed in this section.

### **Contraception to prevent pregnancy**

If you are a woman who could become pregnant you must either:

- Use adequate contraception starting 4 weeks before Innovid<sup>®</sup> treatment, during Innovid<sup>®</sup> treatment, during any breaks in Innovid<sup>®</sup> treatment and for 4 weeks after stopping Innovid<sup>®</sup> treatment

or

- Agree you will not engage in sexual activity with a male partner starting 4 weeks before Innovid<sup>®</sup> treatment, during Innovid<sup>®</sup> treatment, during any breaks in Innovid<sup>®</sup> treatment and for 4 weeks after stopping Innovid<sup>®</sup> treatment. You will be asked to confirm this every month.

Not all types of contraception are suitable during Innovid<sup>®</sup> treatment. You and your partner should discuss with your doctor suitable forms of contraception that you both find acceptable. If necessary, your hospital team can refer you to a specialist for advice on contraception.

**Each pregnancy prevention method has a different level of effectiveness and mode of action, including in some cases, the prevention of implantation in the womb. Their published success/failure rate is based on using them perfectly.**

**You must talk to your doctor, fertility expert or gynaecologist about which method is most appropriate for you.**