

Pomalidomide Rowex

Educational Brochure for Patients

Approved by the Malta Medicines Authority on the 23rd September 2026

REPORTING OF ADVERSE REACTIONS

Suspected adverse reactions and medication errors should be reported either to:

ADR Reporting, The Medicines Authority, Post-Licensing Directorate,
Sir Temi Zammit Buildings, Malta Life Sciences Park, San Gwann SGN 3000, Malta
Website:
www.medicinesauthority.gov.mt
e-mail: postlicensing.medicinesauthority@gov.mt

OR

Marketing Authorisation Holder:

Rowex Limited
Tel: 0877941968
Email: adverse.event.ireland@sandoz.net

Sandoz Patient Safety

Pomalidomide

1 mg, 2 mg, 3 mg, and 4 mg hard gelatin capsules

Educational Brochure for Patients

Active substance(s) (INN or common name):	Pomalidomide
Product(s) concerned (brand name(s)):	Pomalidomide Rowex 1 mg, 2 mg, 3 mg, and 4 mg hard gelatin capsules
Document status:	Final
Applicable RMP version number:	1.3

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Pomalidomide
Pregnancy Prevention Program (PPP)
Information for Patients Taking Pomalidomide

This brochure contains information about:

Preventing harm to unborn babies:

If pomalidomide is taken during pregnancy, it is expected to cause severe birth defects or death to an unborn baby.

Pomalidomide Rowex PPP:

The PPP is designed to make sure that unborn babies are not exposed to pomalidomide. It will provide you with information about what to expect from your treatment and explain risks and responsibilities.

Pomalidomide must never be used by a woman who is pregnant. In addition, pomalidomide passes into men's semen and is expected to cause severe birth defects or death to an unborn baby. If you are a male patient, there is a risk if you have unprotected sex with a woman who can become pregnant.

This brochure will help you understand what to do before, during, and after taking pomalidomide. It will not give you information about multiple myeloma; you should ask your prescriber if you have any questions.

Warning: Severe Life-Threatening Birth Defects

- If pomalidomide is taken during pregnancy, it can cause severe birth defects or death to an unborn baby.
- Pomalidomide must never be used by women who are pregnant, as just one capsule is expected to cause severe birth defects.
- Pomalidomide must never be used by women who are able to become pregnant, unless they follow the [Nationally completed name] PPP.

For complete information on all possible side effects, read the Package Leaflet that comes with your pomalidomide capsules.

This brochure also contains important information about the requirement to avoid blood donation during treatment, the safe handling of pomalidomide, and the safe disposal of unused pomalidomide capsules.

For your own health and safety, read the Package Leaflet and this brochure carefully. If you do not understand something, please ask your prescriber for further explanation.

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Introduction

Pomalidomide Rowex is the trade name for pomalidomide, and it is used to treat adults with a type of cancer called “multiple myeloma.” Pomalidomide works in a number of different ways:

- by stopping the cancer cells from developing
- by stimulating the immune system to attack the cancer cells
- by stopping the formation of blood vessels supplying the cancer cells.

Pomalidomide is either used in combination with:

- two other medicines called “bortezomib” (a type of chemotherapy medicine) and “dexamethasone” (an anti-inflammatory medicine) in people who have had at least one other treatment, including lenalidomide

OR

- one other medicine called “dexamethasone” in people whose myeloma has become worse despite having at least two other treatments, including lenalidomide and bortezomib.

Pomalidomide is structurally related to thalidomide. Thalidomide is a known human teratogenic substance that causes severe life-threatening birth defects. Therefore, if pomalidomide is taken during pregnancy, a teratogenic effect is expected.

Pomalidomide has been shown to produce birth defects in animals, and it is expected to have a similar effect in humans. Therefore, precautions must be taken to avoid exposure of an unborn baby to pomalidomide.

This brochure is part of the “[Nationally completed name] PPP,” which is necessary because if pomalidomide is taken during pregnancy, it can cause severe birth defects or death to an unborn baby.

This brochure contains important information about the [Nationally completed name] PPP. You must read the information carefully, and before starting treatment, you should:

- understand the risks of pomalidomide treatment
- understand the guidelines for taking pomalidomide safely, including how to prevent pregnancy
- ensure you regularly refer to your Patient Card and provide your physician with this for information regarding your treatment
- understand what to expect during your initial and follow-up consultations with your prescriber.
- Your prescriber will explain to you the risks of pomalidomide treatment and specific instructions that you must follow.

- Please make sure you understand what your prescriber has told you before starting pomalidomide.

If you do not understand something, please ask your prescriber for further explanation.

Pomalidomide and Birth Defects

All medicines can cause unwanted effects or “side effects.” An extremely important side effect of pomalidomide is that if taken during pregnancy, it can cause severe birth defects or death to an unborn baby. The birth defects include shortened arms or legs, malformed hands or feet, eye or ear defects, and internal organ problems. This means pomalidomide must never be taken by:

- women who are pregnant
- women who could become pregnant, unless they follow the [Nationally completed name] PPP.

Pomalidomide and Other Possible Side Effects

Like all medicines, pomalidomide can cause side effects, although not everybody gets them. Some side effects are more common than others, and some are more serious than others. Ask your prescriber or pharmacist if you would like more information, and refer to the Package Leaflet. Most 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 prescriber. It is important that you talk to your prescriber if you have any side effects during pomalidomide treatment.

You can report suspected pregnancies and side effects online using www.medicinesauthority.com.mt.

Side effects and suspected pregnancies should also be reported to:
www.medicinesauthority.gov.mt
e-mail: postlicensing.medicinesauthority@gov.mt

Before and during treatment with pomalidomide, you will have regular blood tests. This is because your medicine may cause a fall in the number of blood cells that help fight infection (white cells) and in the number of cells that help to stop bleeding (platelets).

Pomalidomide may cause bleeding or bruising without a cause, including bleeding within the skull, nosebleeds, and bleeding from the bowels or stomach. As such, there is a need for regular blood tests.

Your prescriber should ask you to have a blood test:

- before treatment
- every week for the first 8 weeks of treatment
- at least every month after that for as long as you are taking pomalidomide.

Based on the results of these tests, your prescriber may change your dose of pomalidomide or stop your treatment. The prescriber may also change the dose or stop the medicine because of your general health.

Pregnancy Prevention Program (PPP)

You should tell your prescriber if you are pregnant, if think you may be pregnant, or if you are planning to become pregnant, **as pomalidomide is expected to be harmful to an unborn child.**

Before starting treatment, your prescriber will ask you to read and sign a Risk Awareness Form.

What should you tell your prescriber before taking pomalidomide:

- if you are pregnant, if you think you may be pregnant, or if you are planning to become pregnant, **as pomalidomide 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, dizziness, 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, dizziness, or trouble breathing to any other ingredient in pomalidomide 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, or high cholesterol levels
- if you have a history of blood clots (thrombosis)
- if you are taking or have recently taken any other medicines, including medicines bought without a prescription
- if you have a high total amount of tumor throughout the body, including your bone marrow. This could lead to a condition where the tumors break down and cause unusual levels of chemicals in the blood, which can lead to kidney failure. You may also experience an uneven heartbeat. This condition is called “tumor lysis syndrome”
- if you have or have had nerve damage causing tingling or pain in your hands or feet (neuropathy)
- if you have or have ever had hepatitis B infection. Treatment with pomalidomide may cause the hepatitis B virus to become active again in patients who carry the virus,

resulting in a recurrence of the infection. Your prescriber should check whether you have ever had hepatitis B infection

- if you experience or have experienced a combination of any of the following symptoms: rash on face or extended rash, red skin, high fever, flu-like symptoms, enlarged lymph nodes, signs of severe skin reaction called drug reaction with eosinophilia and systemic symptoms (DRESS) or drug hypersensitivity syndrome, toxic epidermal necrolysis (TEN), or Stevens-Johnson syndrome (SJS).

Childbearing Potential Assessment

Do not take [Nationally completed name] if you are pregnant, think you may be pregnant, or are planning to become pregnant—this is because pomalidomide is expected to be harmful to an unborn child. Unless you fall into one of the following categories, you must follow the contraceptive advice presented in this section:

- You are at least 50 years old, and it has been at least 1 year since your last period (if your periods have stopped because of cancer therapy or during breastfeeding, 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 gynecologist.
- You have the XY genotype, Turner 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 Methods for Women of Childbearing Potential

You must never take pomalidomide if:

- you are pregnant
- you are a woman who is able to become pregnant, even if you are not planning to become pregnant.

Pomalidomide is expected to be harmful to the unborn child.

- If you are able to become pregnant, you must follow all the necessary measures to prevent you from becoming pregnant and ensure you are not pregnant during treatment. Before starting the treatment, you should ask your prescriber 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 prescriber before treatment. These will be repeated at least every 4 weeks during treatment, during dose interruption, and at least 4 weeks after the treatment has finished (unless it is confirmed that you have had a tubal sterilization).

- If you are able to become pregnant, unless you commit to absolute and continuous abstinence confirmed on a monthly basis, you must use at least one effective method of contraception for at least 4 weeks before starting treatment, throughout the duration of your treatment (including dose interruptions), and for at least 4 weeks after stopping treatment. Your prescriber will advise you on appropriate methods of contraception, as some types of contraception are not recommended with pomalidomide. Therefore, it is essential that you discuss this with your prescriber.
- If you suspect you are pregnant at any time while taking pomalidomide or in the 4 weeks after stopping treatment, you must immediately stop pomalidomide and inform your prescriber. Your prescriber will refer you to a physician specialized or experienced in teratology for evaluation and advice.
- Inform your prescriber of contraception that you are on pomalidomide.
- Inform your prescriber(s) of pomalidomide and contraception if you have changed or stopped the method of contraception.
- Before starting pomalidomide treatment, you should discuss with your prescriber whether or not there is any possibility that you could become pregnant. Some women who are not having regular periods or who are approaching menopause may still be able to become pregnant.
- In order to ensure that an unborn baby is not exposed to pomalidomide, your prescriber will complete a Risk Awareness Form documenting that you have been informed of the requirement for you **NOT** to become pregnant throughout the duration of your treatment with pomalidomide and for at least 4 weeks after stopping pomalidomide.
- You should start your pomalidomide treatment as soon as possible after having a negative pregnancy test result and having received pomalidomide.

Contraception to Prevent Pregnancy

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

- use adequate contraception starting at least 4 weeks before pomalidomide treatment, during pomalidomide treatment, during any breaks in pomalidomide treatment, and for at least 4 weeks after stopping pomalidomide treatment

OR

- agree that you will not engage in sexual activity with a male partner starting at least 4 weeks before pomalidomide treatment, during pomalidomide treatment, during any breaks in pomalidomide treatment, and for at least 4 weeks after stopping pomalidomide treatment. You will be asked to confirm this every month.

Not all types of contraception are suitable during pomalidomide treatment. You and your partner should discuss with your prescriber suitable forms of contraception that you both find acceptable. If necessary, your healthcare professional can refer you to a specialist for advice on contraception.

Contraception Methods for Males

Pomalidomide is expected to be harmful to the unborn child.

- In order to ensure that an unborn baby is not exposed to pomalidomide, your prescriber will complete a Risk Awareness Form documenting that you have been informed of the requirement for your female partner **NOT** to become pregnant throughout the duration of your treatment with pomalidomide and for at least 7 days after you stop pomalidomide.
- Ask your prescriber to inform you about effective contraceptive methods that you and your female partner can use.
- Pomalidomide passes into human semen. If your partner is pregnant or able to become pregnant, and she does not use effective contraception, you must use condoms throughout the duration of your treatment, during dose interruptions, and at least 7 days after you stop pomalidomide, even if you have had a vasectomy.
- If your partner does become pregnant while you are taking or within 7 days after you have stopped taking pomalidomide, you should inform your prescriber immediately, and your partner should also consult her prescriber immediately.
- You should not donate semen or sperm during treatment, during dose interruptions, and for at least 7 days after stopping treatment.

Women of Non-Childbearing Potential

Pomalidomide is expected to be harmful to the unborn child.

- In order to ensure that an unborn baby is not exposed to pomalidomide, your prescriber will complete a Risk Awareness Form documenting that you are not able to become pregnant.
- You should never share pomalidomide 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, during dose interruptions, or for at least 7 days after stopping treatment.
- For additional information, please refer to the Package Leaflet.

Pomalidomide Treatment

Before Starting Your Treatment

Your prescriber will talk to you about what to expect from your treatment and explain the risks and your responsibilities. If there is anything you do not understand, please ask your prescriber to explain it further.

Before starting treatment, your prescriber will ask you to read and sign a Risk Awareness Form, which confirms that while taking pomalidomide:

- you understand the risks of birth defects
- you agree not to become pregnant

- you understand the other important safety messages; your prescriber will keep this form with your medical records and will also provide you with a copy.

Safety Information for All Patients

- You must never take pomalidomide if you are allergic to pomalidomide or to any of the other ingredients contained in the capsule.
- Pomalidomide is a prescription only medicine. You should never share pomalidomide 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, during dose interruptions, or for at least 7 days after stopping treatment.
- If you experience any side effects while taking pomalidomide, you should tell your prescriber or pharmacist.
- For additional information, please refer to the Package Leaflet.

Receiving Your Prescription

- **For women of childbearing potential:** Your prescriber will write a prescription for no more than a 4-week supply, provided you have had a valid negative pregnancy test within 3 days prior to your prescription date, and you must have the medication dispensed within 7 days of the prescription date.
- **For women of non-childbearing potential and male patients:** Your prescriber will write a prescription for no more than a 12-week supply.

You will need to see your prescriber each time you need a repeat 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 to remind them to take their medicines.

- Your prescriber will prescribe a dose of pomalidomide suited to you.
- Your prescriber 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 prescriber has prescribed. If in doubt, ask your prescriber or pharmacist for advice.
- Pomalidomide capsules should be swallowed whole, with a glass of water, and can be taken with or without food.
- The capsules should not be opened, broken, or chewed.
- Pomalidomide can be taken at any time of day, but it should be taken at approximately the same time each day.

What to do if you have taken more than the prescribed dose of pomalidomide: if you accidentally take too many capsules, contact your prescriber immediately.

Taking Other Medicines

Please tell your prescriber 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 prescriber or other healthcare professional for treatment (your dentist, for example), you should tell them that you are taking pomalidomide.

How to Store Pomalidomide Safely

- Keep your pomalidomide in a safe place out of the reach and sight of children.
- Keep your pomalidomide capsules in the original carton.
- Do not use after the expiry date written on the blister and carton.

End-of-Treatment Requirements for All Patients

After completing your pomalidomide treatment, it is important that:

- you return any unused pomalidomide capsules to your pharmacist
- you do not donate blood for at least 7 days.

Additional Advice for Women of Childbearing Potential:

- Continue using your effective contraceptive method for at least a further 4 weeks.
- Your prescriber will perform a final pregnancy test after at least 4 weeks, unless it is confirmed you have had a tubal sterilization.

Additional Advice for Male Patients:

- If you have been using an effective contraceptive method, you must continue doing so for at least a further 7 days.
- If your female partner has been using an effective contraceptive method, she must continue doing so for at least a further 4 weeks.
- Do not donate semen or sperm for at least 7 days.

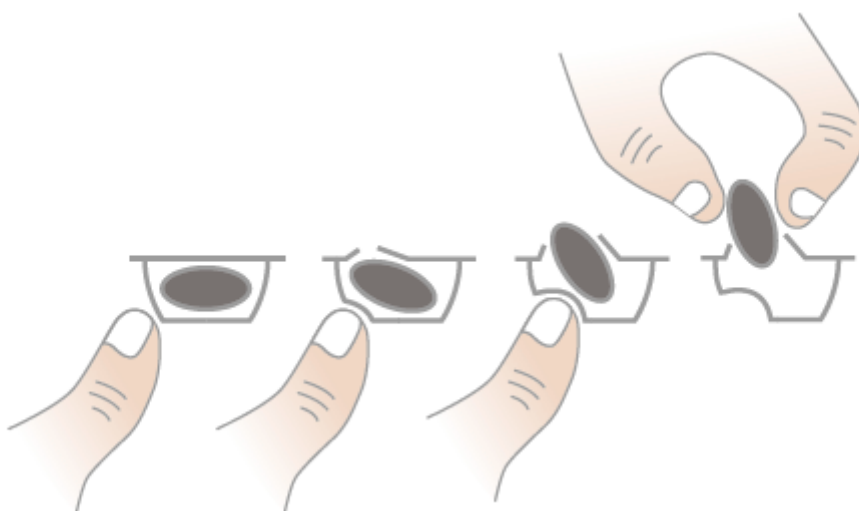
Points to Consider for Handling the Medicinal Product: For Patients, Family Members, and Caregivers

Do not share the medicinal product with anyone else, even if they have similar symptoms. Store the product safely so that no one else can take it by accident, and keep it out of the reach of children.

Keep the blisters with the capsules in the original pack.

Capsules can occasionally become damaged when pressing them out of the blister, especially when pressure is put onto the middle of the capsule. Capsules should not be pressed out of the blister by putting pressure on the middle. The pressure should be put on one site only, which reduces the risk of the capsule deforming or breaking (see figure below).

Healthcare professionals, family members, and caregivers should wear disposable gloves when handling the blister or capsule. Remove gloves carefully to prevent skin exposure. Place in a sealable plastic polyethylene bag. Dispose of any unused medication according to local regulations. Hands should then be washed thoroughly with soap and water. Women who are pregnant or suspect they may be pregnant should not handle the blister or capsule. Refer to the overleaf for further guidance.



When handling the medicinal product, use the following precautions to prevent potential exposure if you are a family member and/or caregiver:

- If you are a woman who is pregnant or suspect that you may be pregnant, you should not handle the blister or capsule.
- Wear disposable gloves when handling product or packaging (ie, blister or capsule).
- Use proper technique when removing gloves to prevent potential skin exposure (see below).
- Place gloves in a sealable plastic polyethylene bag and dispose according to local requirements.
- Wash hands thoroughly with soap and water after removing gloves.
- Do not give pomalidomide to another person.

If a drug product package appears visibly damaged, use the following extra precautions to prevent exposure.

- If the outer carton is visibly damaged, **do not open it.**

- If the blister strips are damaged or leaking, or capsules are noted to be damaged or leaking:
 - **close the outer carton immediately**
 - place the product inside a sealable plastic polyethylene bag
 - return the unused pack to the pharmacist for safe disposal as soon as possible.

If product is released or spilled, take proper precautions to minimize exposure by using appropriate personal protection.

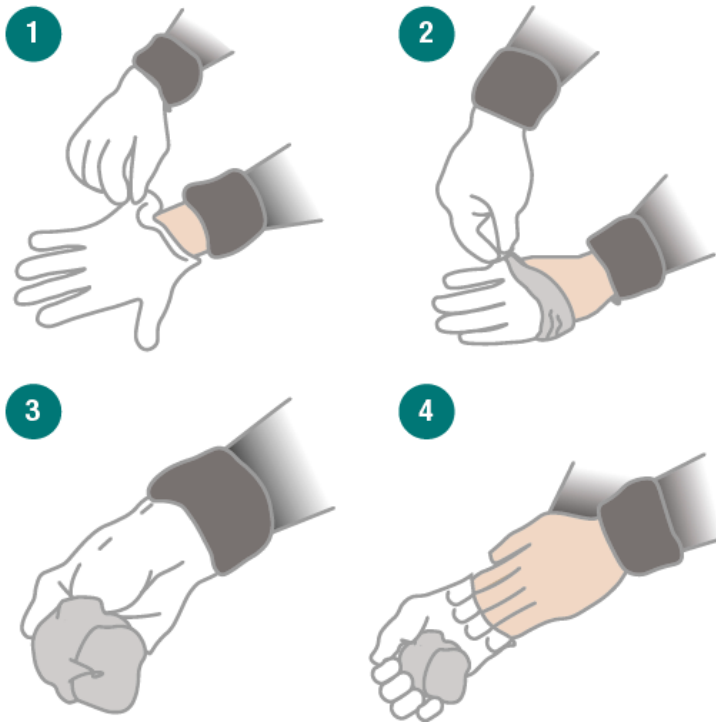
- If capsules are crushed or broken, dust containing drug substance may be released.
- Avoid dispersing the powder and avoid breathing it.
- Wear disposable gloves to clean up the powder.
- Place a damp cloth or towel over the powder area to minimize dispersal of the powder in the air. Add excess liquid to allow the material to enter solution. After handling, clean the area thoroughly with soap and water and dry it.
- Place all contaminated materials, including the damp cloth or towel and the gloves, in a sealable polyethylene plastic bag. Dispose according to local requirements for medicinal products.
- Wash your hands thoroughly with soap and water after removing the gloves.
- Please report to the prescriber and/or pharmacist immediately.

If the contents of the capsule are stuck to the skin or mucous membranes:

- If you touch the drug powder, please wash the exposed area thoroughly with soap and running water.
- If the powder gets in contact with your eyes, immediately flush your eyes with copious quantities of water for at least 15 minutes. If you wear contact lenses and if it is easy to do so, immediately remove and dispose the contact lens. If irritation occurs, please contact an ophthalmologist.

Proper Technique for Removing Gloves

- Grasp outside edge near wrist (1).
- Peel away from hand, turning the glove inside out (2).
- Hold in opposite gloved hand (3).
- Slide ungloved finger under the wrist of the remaining glove; be careful not to touch the outside of the glove (4).
- Peel off from inside, creating a bag for both gloves.
- Discard in an appropriate container.
- Wash your hands with soap and water thoroughly.



Personal Notes

Please use this space to write down any questions for your prescriber for discussion at your next appointment.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Checklist

Please use this checklist to confirm that you have understood all of the important information regarding your pomalidomide treatment.

All Patients

- ☐ Yes, I have understood that I should never share pomalidomide with anyone else.
- ☐ Yes, I have understood that I should always return any unused capsules to the pharmacist for safe disposal as soon as possible.
- ☐ Yes, I have received and understood all the information on the risks of birth defects associated with taking pomalidomide.
- ☐ Yes, I have received and understood all the information on the risks of other side effects associated with taking pomalidomide.
- ☐ Yes, I have understood that I must not donate blood during treatment (including dose interruptions) and for at least 7 days after stopping treatment.
- ☐ Yes, I understand that I need to sign the Risk Awareness Form before starting treatment.

Male Patients

- ☐ Yes, I have understood the need to use condoms during treatment, during dose interruption, and for at least 7 days after stopping pomalidomide, if I have a female partner who is pregnant or is able to get pregnant and not using effective contraception.
- ☐ Yes, I have understood I must not donate semen or sperm during treatment (including during dose interruptions) and for at least 7 days after stopping pomalidomide.

Female Patients Who Can Become Pregnant

- ☐ Yes, I will use one effective method of contraception for at least 4 weeks before starting pomalidomide, during therapy (even in the case of dose interruptions), and for at least 4 weeks after I have stopped pomalidomide treatment.
- ☐ Yes, I understand that I need to have a negative pregnancy test result before starting to take my treatment, for at least every 4 weeks during treatment, and at least 4 weeks after stopping treatment (except in the case of confirmed tubal sterilization).