

Pomalidomide

Care Team Contact Information: _____

Pharmacy Contact Information: _____

Diagnosis: _____

- This treatment is often used for multiple myeloma (MM) and a type of soft tissue tumor (cancer) called Kaposi sarcoma.
- It may also be used for other reasons.

Goal of Treatment: _____

- Treatment may continue for a certain time period, until it no longer works, or until side effects are no longer controlled.

Treatment Regimen

Treatment Name	How the Treatment Works	How the Treatment is Given
Pomalidomide (PAH-muh-LIH-doh-mide): Pomalyst (PAH-muh-list)	Slows down or stops growth of cancer cells by boosting the immune system and blocking the formation of blood vessels that feed tumors.	Capsule(s) taken by mouth.

Treatment Administration and Schedule

Treatment is typically repeated every 3 or 4 weeks. This length of time is called a “cycle”. Pomalidomide is often given in combination with other treatments. Talk with your care team about your exact treatment and schedule.

Your pomalidomide dosing instructions:

- Pomalidomide comes in 4 capsule strengths: 1 mg, 2 mg, 3 mg, and 4 mg. Your care team will tell you which capsules to take.
- Your dose might differ, but pomalidomide is typically dosed different based on your diagnosis:
 - For multiple myeloma: One 4 mg capsule by mouth once daily on Days 1 to 21 of a 28-day cycle.
 - Note: In some treatment regimens, pomalidomide is given on Days 1 to 14 of a 21-day cycle.
 - For Kaposi sarcoma: One 4 mg capsule and one 1 mg capsule (5 mg total dose) by mouth once daily on Days 1 to 21 of a 28-day cycle.
- Swallow pomalidomide capsules whole with water 1 time a day, around the same time each day. Do not break, chew, or open your capsules.
- Pomalidomide may be taken with or without food.
- If you are on hemodialysis, take pomalidomide after hemodialysis, on hemodialysis days.

Treatment Administration and Schedule (Continued)

- Do not change your dose or stop taking pomalidomide unless your care team tells you to.
- Your care team may tell you to change your dose, temporarily stop, or completely stop taking pomalidomide if you develop certain side effects.
- If you vomit or miss a dose of pomalidomide 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 pomalidomide, call your care team or go to the nearest hospital emergency room right away.

☐ Option #1: Every 28-Day Cycle

- Pomalidomide once daily on Days 1 to 21, followed by 7 days off.

Treatment Name	Cycle 1, Days																						Next Cycle
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22-28	1
Pomalidomide	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Week-long break	✓

☐ Option #2: Every 21-Day Cycle

- Pomalidomide once daily on Days 1 to 14, followed by 7 days off.

Treatment Name	Cycle 1, Days															Next Cycle
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15-21	
Pomalidomide	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Week-long break	✓

Storage and Handling of Pomalidomide

- Store pomalidomide at room temperature between 68°F and 77°F (20°C and 25°C).
- Keep pomalidomide and all medicines out of the reach of children and pets.
- Whenever possible, give pomalidomide to yourself and follow the steps below. If someone else gives it to you, they must also follow these steps:
 1. Wash hands with soap and water.
 2. Put on gloves to avoid touching the medication. Note: Gloves are not needed if you give the drug to yourself.
 3. Transfer the pomalidomide from its package to a small medicine or other disposable cup.
 4. Administer the medicine immediately by mouth with water.
 5. Remove gloves, if used, and throw them and medicine cup in household trash.
 6. Wash hands with soap and water.
- Do not open or break pomalidomide capsules or handle them any more than needed.
 - If powder from the pomalidomide capsule comes in contact with your skin, wash the skin right away with soap and water.
 - If powder from the pomalidomide capsule comes in contact with the inside of your eyes, nose, or mouth, flush well with water.
- If you plan to use a daily pill box or pill reminder, contact your care team before using it.
 - When the box or reminder is empty, wash it with soap and water before refilling.
 - The person refilling the box or reminder should:
 - Wear gloves. Note: Gloves are not needed if you are refilling it yourself.
 - Wash their hands with soap and water after completing the task, regardless of whether gloves were worn.
- Ask your care team how to safely throw away any unused pomalidomide. Do not throw it in the trash or flush it down the sink or toilet.

Appointments

Appointments may include regular check-ups with your care team, lab visits, and imaging tests. It's important to keep your appointments whenever you can. If you miss any appointments, call your care provider as soon as possible to reschedule your appointment.

Supportive Care to Prevent and Treat Side Effects

Description	Supportive Care Taken at Home
To help lower the risk of blood clots	
To help lower the risk of infections	
To help prevent or treat nausea and vomiting	
Other	

Common Side Effects

Side Effect	Important Information
Low White Blood Cell (WBC) Count (Neutropenia) and Increased Risk of Infection	Description: WBCs help protect your body from infections. A low WBC count increases your risk of infection. Recommendations: - Wash your hands often and bathe regularly. - Avoid crowded places and close contact with people who are sick. - Follow food safety and wound care advice from your care team. - Your care team may prescribe medicine to help your WBCs recover. Talk to your care team if you have: - Fever of 100.4°F (38°C) or higher - Chills - New or worsening cough or sore throat - Painful urination or signs of a urinary infection - Feeling much more tired than usual - Red, swollen, warm, or painful areas on the skin (possible skin infection)
Low Platelet Count (Thrombocytopenia)	Description: Platelets help your blood clot and wounds heal. A low platelet count increases your risk of bruising and bleeding. Recommendations: - Blow your nose gently and avoid picking it. - Brush your teeth gently with a soft toothbrush and keep good oral hygiene. - Use an electric razor for shaving and a nail file instead of nail clippers. - Avoid over-the-counter medicines that can increase bleeding risk (for example, nonsteroidal anti-inflammatory drugs (NSAIDs) like ibuprofen). - Talk with your care team or dentist before medical or dental procedures — you may need to pause treatment. Talk to your care team if you have: - A nosebleed lasting more than 5 minutes despite pressure - A cut that continues to bleed - Heavy gum bleeding when brushing or flossing - Sudden or severe headache - Blood in your urine or stool - Blood in your spit after coughing
Low Red Blood Cell (RBC) Count and Hemoglobin (Hgb) (Anemia)	Description: RBCs and Hgb carry oxygen to your body's tissues and remove carbon dioxide. Low RBC or Hgb (anemia) can make you feel weak, very tired, or look pale. Recommendations: - Aim for 7 to 8 hours of sleep each night. - Do not drive, operate heavy machinery, or do other dangerous activities if you are very tired. - Balance activity and rest — stay as active as you can, but rest when needed. - Eat a balanced diet and follow any nutrition or supplement advice from your care team. Talk to your care team if you have: - Shortness of breath - Dizziness or fainting - Fast or irregular heartbeats - Sudden or severe headache

Fatigue	Description: Fatigue is a constant and sometimes strong feeling of tiredness. Recommendations: • Routine exercise can help reduce fatigue. Talk with your care team to find the right type and amount of activity for you. • Ask family and friends for help with daily tasks and for emotional support. • Try healthy ways to feel better, such as meditation, journaling, yoga, or guided imagery, to reduce anxiety and improve well-being. • Aim for 7 to 8 hours of sleep each night. Limit daytime naps to help you sleep better at night. • Do not drive, operate heavy machinery, or do other potentially dangerous activities if you are very tired. Talk to your care team if you have: • Tiredness that affects your daily life or prevents you from doing normal activities • Tiredness that does not get better with rest • Dizziness or weakness along with severe tiredness
Nausea and Vomiting	Description: Nausea is an uncomfortable feeling in your stomach or the need to throw up. You may or may not vomit. Recommendations: • Eat smaller, more frequent meals. • Avoid fatty, fried, spicy, or highly sweet foods. • Eat bland foods at room temperature and drink clear liquids. • If you vomit, start with small sips of water, broth, or other clear liquids. If these stay down, try soft foods (such as gelatin, plain cornstarch pudding, yogurt, strained soup, or strained cooked cereal) and gradually return to solid foods. • Your care team may prescribe medicine for these symptoms. Talk to your care team if you have: • Vomiting for more than 24 hours • Nonstop vomiting • Signs of dehydration (very thirsty, dry mouth, dizziness, or dark urine) • Blood or coffee-ground-like appearance in your vomit • Severe stomach pain that does not go away after vomiting

Constipation	Description: Constipation means hard, dry stools or fewer bowel movements than normal. It can cause discomfort or pain. Recommendations: - Track how often you have bowel movements each day. - Drink 8 to 10 glasses of fluids daily, unless your care team says otherwise. - Stay active and exercise regularly. - Eat more high-fiber foods (such as raw fruits, vegetables, and whole grains) unless advised otherwise. - Your care team may recommend laxatives such as polyethylene glycol (Miralax) or senna. Talk to your care team if you have: - Constipation lasting 3 or more days - No bowel movement 48 hours after using a laxative
Diarrhea	Description: Diarrhea is loose, watery stools or more frequent bowel movements than usual. It can cause dehydration and weakness. Recommendations: - Keep track of how often you go to the bathroom each day. - Drink 8 to 10 glasses of water or other fluids daily, unless your care team tells you otherwise. - Eat small meals of mild, low-fiber foods (such as bananas, applesauce, potatoes, chicken, rice, and toast). - If you have diarrhea, avoid high-fiber foods (such as raw vegetables, fruits, and whole grains), gas-producing foods (such as broccoli and beans), dairy (such as milk and yogurt), and spicy, fried, or greasy foods. - Your care team may recommend an antidiarrheal medicine such as loperamide (Imodium). Talk to your care team if you have: 4 or more bowel movements than normal in 24 hours - Dizziness or lightheadedness while having diarrhea - Signs of dehydration (very thirsty, dry mouth, dizziness, or dark urine) - Bloody diarrhea
Trouble Breathing	Description: Treatment may make you feel like it's a struggle to get enough air into your lungs. Recommendations: - Stay hydrated by drinking plenty of fluids to help thin mucus. - Avoid irritants such as smoke, strong odors, and allergens. - Use humidifiers to add moisture to the air and soothe airways. - Practice controlled breathing techniques, like pursed-lip breathing. - Elevate your head with extra pillows when resting or sleeping, if needed. - Limit physical exertion and take breaks during activities. Talk to your care team if you have: - Trouble breathing - Chest pain or tightness - Cough

Back Pain	Description: Back pain is when you feel discomfort or pain in the back area. Talk to your care team if you have: • Severe back pain
Skin Problems	Description: Treatment can cause a rash with itchy, dry, red, or puffy skin. Recommendations: • Take a warm (not hot) bath or shower every day with mild, unscented soap or body wash. • Pat skin dry (instead of rubbing) with a towel. • Use unscented lotion or moisturizing cream immediately after showering to prevent cracking. • Use lip balm for dry or chapped lips. • Avoid activities that put you at risk for cuts, injuries or burns. • Use an electric shaver, not a razor, to prevent cuts. • Rinse cuts and scrapes immediately under running water and remove any debris from the wound. Wash the skin around the wound with soap. To avoid irritation, do not use soap on the wound. If you have a low platelet count and are at risk for bleeding issues, ask your care team how to care for cuts. • Avoid direct sun when possible. Wear a broad-spectrum sunscreen with SPF 30 or higher and reapply every 2 hours. • Use unscented, gentle laundry detergent. Some laundry detergents can irritate sensitive skin. • Your care team may recommend medicine for skin problems. Talk to your care team if you have: • Skin rash • Raised red bumps • Redness of the skin • Very dry skin that may affect the mucous membranes (such as mouth and eyes)

Select Rare Side Effects

Side Effect	Talk to Your Care Team if You Have Any of These Signs or Symptoms		
Blood Clots (Boxed Warning)	Signs or symptoms of a blood clot in the lung, arm, or leg may include: • Shortness of breath • Chest pain • Arm or leg swelling	Signs and 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 a stroke may include: • Sudden numbness or weakness, especially on one side of the body • Severe headache or confusion • Problems with vision, speech, or balance
Allergic Reactions, Including Anaphylaxis	Get emergency medical help right away if you develop any of the following signs or symptoms: • Swelling of your lips, mouth, tongue, or throat • Trouble breathing or swallowing • Raised red areas on your skin (hives) • A very fast heartbeat • You feel dizzy or faint		
Tumor Lysis Syndrome (TLS)	Tumor lysis happens when cancer cells break apart and release large amounts of substances into your bloodstream faster than your body can handle. TLS is a group of conditions that affect your heart, kidneys, and muscles. • Severe nausea, vomiting, or diarrhea • Urinating smaller amounts or having dark-colored urine • Muscle cramps or twitching • Rapid heartbeats or chest pain • Confusion or weakness • Seizures		
Liver Problems	• Yellowing of your skin or the white part of your eyes (jaundice) • Severe nausea or vomiting • Pain on the right side of your stomach area (abdomen) • Dark, tea-colored urine • Bleeding or bruising more easily than normal		
Dizziness and Confusion	Pomalidomide can cause dizziness and confusion. Avoid taking other medicines that may cause dizziness and confusion during treatment with pomalidomide. Avoid situations that require you to be alert until you know how pomalidomide affects you.		
Numbness, Tingling, or Burning in Your Hands or Feet (Peripheral Neuropathy)	• New or worsening “pins and needles,” burning, or numbness in your hands or feet • Trouble moving your arms or legs or weakness • Problems with balance or frequent falls		
Risk of New Cancers	There is a risk of developing new cancers during or after treatment. Talk with your care team about this risk, and ask about the signs and symptoms of new cancers.		

Before starting treatment, ask your care team when to call 9-1-1 or seek emergency help.
If you experience any new, worsening, or uncontrolled side effects, contact your care team immediately.

Intimacy, Fertility, Pregnancy, and Breastfeeding

- Treatment may **change how you feel about intimacy and your body**. However, physical closeness—such as holding hands and hugging—remains safe. It is common to have questions about intimacy. If needed, talk to your care team for guidance.
- Treatment may affect your **ability to have children**. It may damage your reproductive organs or stop them from working. If you are worried about fertility, talk to your care team before starting treatment.
- Treatment may cause **birth defects (deformed babies) or death of an unborn baby**. If you are pregnant or plan to become pregnant, you must not take pomalidomide.
 - You must not get pregnant:
 - For at least 4 weeks before starting pomalidomide.
 - While taking pomalidomide.
 - During any breaks (interruptions) in your treatment with pomalidomide.
 - For at least 4 weeks after stopping pomalidomide.
 - If you can become pregnant:
 - You 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.
 - You must agree to use two acceptable forms of birth control at the same time, for at least 4 weeks before, while taking, during any breaks (interruptions) in your treatment, and for at least 4 weeks after stopping pomalidomide.
 - Talk with your care team to find out about options for acceptable forms of birth control that you may use to prevent pregnancy before, during, and after treatment with pomalidomide.
 - If you become pregnant while taking pomalidomide, stop taking it right away and call your care team. If your care team is not available, you can call the REMS Call Center at 1-888-423-5436. Care teams and patients should report all cases of pregnancy to:
 - FDA MedWatch at 1-800-FDA-1088, and
 - REMS Call Center at 1-888-423-5436
 - There is a pregnancy exposure registry that monitors the outcomes of anyone who takes pomalidomide during pregnancy, or if their partner takes pomalidomide and they are exposed during pregnancy. You can enroll in this registry by calling the REMS Call Center at the phone number listed above.

Intimacy, Fertility, Pregnancy, and Breastfeeding (Continued)

- Pomalidomide can pass into human semen:
 - Even if you have had a vasectomy, you must always use a latex or synthetic condom during any sexual contact with anyone who is or can become pregnant while taking pomalidomide, during any breaks (interruptions) in your treatment with pomalidomide, and for up to 4 weeks after stopping pomalidomide.
 - Do not have unprotected sexual contact with anyone who is or could become pregnant. Tell your care team if you do have unprotected sexual contact with anyone who is or could become pregnant.
 - Do not donate sperm while taking pomalidomide, during any breaks (interruptions) in your treatment, and for up to 4 weeks after stopping pomalidomide. If anyone becomes pregnant with your sperm, the baby may be exposed to pomalidomide and may be born with birth defects.
- If your partner becomes pregnant, you should call your care team right away.
- **Do NOT breastfeed** during treatment with pomalidomide.

Handling Body Fluids and Waste

Some drugs you receive may stay in your urine, stool, sweat, or vomit for many days after treatment. Because many cancer drugs are toxic, your body waste may also be dangerous to touch. To help protect yourself, your loved ones, and the environment, **follow these instructions** for at least **48 hours** after each dose of **pomalidomide**:

- People who are pregnant should avoid touching anything that may be soiled with body fluids from the patient.
- You can use your usual toilet. Always close the lid and flush to discard all waste. If you have a low-flow toilet, flush twice.
- If the toilet or seat is soiled with urine, stool, or vomit, clean the surface after each use before others use it.
- Wash your hands with soap and water for at least 20 seconds after using the toilet.
- If you need a bedpan, inform your caregiver so they can wear gloves and assist with cleanup. Wash the bedpan with soap and water daily.
- If you cannot control your bladder or bowels, use a disposable pad with a plastic back, a diaper, or a sheet to absorb waste.
- Wash any skin exposed to body waste with soap and water.
- Wash soiled linens or clothing separately from other laundry. If you don't have a washer, place them in a plastic bag until they can be washed.
- Wash your hands with soap and water after touching soiled linens or clothing.

Additional Information

- **Tell your care team about all the medicines you take.**
This includes prescriptions, over-the-counter drugs, vitamins, and herbal products. Before starting any new medicine, supplement, or vaccine, ask your care team first.
- Before starting pomalidomide, read and agree to the **PS-Pomalidomide REMS program** and sign the Patient-Physician Agreement Form. For details, call 1-888-423-5436 or visit www.PS-PomalidomideREMS.com.
- **Do not smoke cigarettes.** Smoking may reduce the efficacy of pomalidomide.
- Only a 28-day supply of pomalidomide can be obtained from the pharmacy at one time. It is **not eligible for automatic refills**.
- **Do not donate blood** while you take pomalidomide, during any breaks (interruptions) in your treatment, and for 4 weeks after stopping pomalidomide. If someone who is pregnant gets your donated blood, their baby may be exposed to pomalidomide and may be born with birth defects.
- **This Patient Education Sheet may not describe all possible side effects.**
Call your care team for medical advice about side effects. You may report side effects to the FDA at 1-800-FDA-1088.

Notes

Updated Date: July 13, 2026

Scan the QR code below to access this education sheet.



Important notice: The Association of Cancer Care Centers (ACCC), Hematology/Oncology Pharmacy Association (HOPA), Network for Collaborative Oncology Development & Advancement, Inc. (NCODA), and Oncology Nursing Society (ONS) have collaborated in gathering information for and developing this patient education guide. This guide represents a brief summary of the medication derived from information provided by the drug manufacturer and other resources.

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