

Lenalidomide (Revlimid)

Here is important information on how to use, handle, and store your medicine, what side effects to look for and how to manage them.

What it looks like: White, blue/white, green/white, green/yellow, or blue/green capsules.

How to handle and store:

- **There are special safe handling instructions for this medicine.** Talk to your doctor, pharmacist or nurse about the precautions you need to follow when you take this medicine at home.
- **Caregivers who are or may become pregnant should NOT touch this medicine.**
- Store in a closed container in a dry place such as a cabinet away from light, heat, and moisture.
- **Do not** store in your bathroom or refrigerator.
- Keep this medicine away from children and **do not** share it with anyone.

How to take:

- Swallow the capsule whole with a full glass of water at the same time each day. This medicine may be taken with or without food.
- **Do not** take more capsules than ordered by your doctor.
- **Do not** crush, break, chew or open the capsules.
- If you miss a dose, wait until it is time for your next dose. Skip the missed dose. **Do not double up on doses.**
- Use a calendar or diary to keep track of what days and what times you take this medicine.

This handout is for informational purposes only. Talk with your doctor or health care team if you have any questions about your care.

Disposal:

- Talk with your doctor or pharmacist about how to get rid of prescription medicines safely.

Precautions:

- Let your doctor know if you have had a recent surgery or trauma.
- Stop and do not take this medicine if you have an infection, including pneumonia or an upper respiratory infection.
- Tell your doctor or pharmacist about any medicines you take, including prescription and over-the-counter medicines, vitamins and herbal products.
- **Do not get pregnant while on this medicine. This medicine can harm an unborn baby if you take it while you are pregnant.** Talk with your doctor about what birth control to use.

Revlimid REMS Program for Patients:

Program for Revlimid Education and Prescribing Safety

- You, your doctor and your pharmacy must register with Revlimid REMS program before you can receive your medicine.
- You are allowed a 28-day supply of this medicine.
- You will need to call Bristol Myers Squibb at 1-888-423-5436 each month for a confidential survey.

Possible Side Effects

You can find more information on side effects in the Patient Education booklet, *Treatment with Chemotherapy and Anti-Cancer Medicines*.

Low White Blood Cells/Preventing Infection

What this means: You may be at risk of getting an infection.

What to do:

- Call your doctor if your temperature is 100.4 degrees Fahrenheit (38 degrees Celsius) or higher.
- Wash your hands often.
- Wear a mask and stay away from people who are sick or do not feel well.

Bleeding/Bruising/Black Stools

What to do:

- Call your doctor if you are bruising more easily, if your stools are black or tarry, or if you have other unusual bleeding.
- Call your doctor for sudden, severe stomach pain.
- Do not use ibuprofen (Advil, Motrin), or naproxen (Aleve) for regular aches and pains, unless told to do so by your doctor.

Tiredness

What to do:

- Be active, but plan times to rest.
- Get enough sleep.
- Drink plenty of water and eat small meals often during the day.

Blood Clots

What this means: You may be at risk for blood clots. Your doctor may tell you to take a medicine, such as aspirin to decrease this risk.

Call your doctor if you have:

- Swelling in your arm or leg, with or without pain.
- Sudden chest pain, shortness of breath or changes in your heartbeat.
- Sudden or severe headaches.
- Problems with your vision, speech or ability to walk.
- Numbness or weakness in your arms and legs or on one side of your body.

Smoking may increase your risk of blood clots. It is important to talk to your doctor about options to quit.

Changes in Bowel Movements

What to do:

- Call your doctor if you have diarrhea more than 4 times a day or for more than 1 or 2 days or if you feel lightheaded or dizzy.
- Call your doctor if you do not have a bowel movement for 2 days or you are uncomfortable because you are unable to have a bowel movement.

Muscle Cramping

What to do:

- **Do not** lift heavy objects.

Other Side Effects: Rash and/or leg swelling

- Call your doctor or nurse practitioner if you have any of these problems.

This is not a complete list of all possible side effects. Tell your doctor if you have these or any other side effects that you think are caused by this medicine. Your James health care team can give you other tips for how to manage your side effects.