THALIDOMIDE BMS® (THALIDOMIDE)

PATIENT BROCHURE

RISK MANAGEMENT PLAN
PREGNANCY PREVENTION PROGRAMME

This brochure contains information for male patients, women of childbearing potential and women not of childbearing potential, about:

- **Preventing harm to unborn babies:** If thalidomide is taken during pregnancy, it can cause severe birth defects or death to an unborn baby.
- **Thalidomide Pregnancy Prevention Programme:** This Programme is designed to prevent unborn babies being exposed to thalidomide.
- **Other side effects of thalidomide:** These include severe heart disease.

This brochure provides education on thalidomide, and it will ensure you know what to do before, during and after taking thalidomide.

Please read this brochure carefully. If you do not understand something, please ask your prescriber to explain it.

Introduction

Thalidomide belongs to a group of medicines known as 'immunosuppressive' medicines.

Thalidomide is a known human teratogenic substance that causes severe life-threatening birth defects. If thalidomide is taken during pregnancy, a teratogenic effect is expected.

For additional information, please refer to the Patient Leaflet.

This brochure is part of the "Thalidomide Pregnancy Prevention Programme", which is necessary because if thalidomide is taken during pregnancy, it can cause severe birth defects or death to an unborn baby.

The Thalidomide Pregnancy Prevention Programme is designed to prevent unborn babies being exposed to thalidomide. It makes sure you know what to do before, during and after taking the medicine:

1. Thalidomide can cause severe birth defects or death to an unborn baby
2. Birth defects may include shortened arms or legs, malformed hands or feet, eye or ear defects, and internal organ problems
3. Thalidomide is present in the seminal fluid of men

This brochure contains important information about the Thalidomide Pregnancy Prevention Programme. You must read the information carefully, and before starting your treatment you should:

1) Understand the risks of thalidomide treatment.
2) Understand the instructions for taking thalidomide safely, including how to prevent pregnancy.
3) Understand what to expect during your initial and follow-up consultations with your prescriber.
   a) Please make sure that you understand what your prescriber has told you before starting thalidomide.
   b) If you don't understand something, please ask your prescriber to explain it again.

<u>Women of Childbearing Potential:</u>

Thalidomide and Birth Defects

Thalidomide must never be taken by:

1) Women who are pregnant, think they may be pregnant or are planning to become pregnant.
2) Women who could become pregnant unless they follow the Thalidomide Pregnancy Prevention Programme.

During treatment if you suspect you are pregnant, you must **stop treatment immediately** and **tell your prescriber straight away**. Your prescriber will refer you to a physician specialized or experienced in teratology for evaluation and advice.

Thalidomide Treatment

Before starting initial treatment, your prescriber will ask you to complete the 'Patient Registration Form', which confirms that while taking thalidomide:

1) You understand the risks of birth defects.
2) You agree not to become pregnant.
3) You understand the other important safety messages that must be followed.

Your prescriber will keep this form with your medical records, and you will be given a copy.

In addition, your prescriber will send a copy of the 'Patient Registration Form' to Neopharm.

Contraceptive Methods

Prior to starting initial treatment your prescriber will talk to you about the contraceptive measures that you must follow. If you could become pregnant you must:

- use at least one highly effective method AND one additional effective barrier method of contraception:

1) At least 4 weeks before starting thalidomide treatment
2) During treatment, even during treatment interruptions
3) Until at least 4 weeks after stopping treatment

OR:

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

Your prescriber will advise you on appropriate methods of contraception as some types of contraception are not recommended with thalidomide. You and your partner should discuss with your prescriber suitable forms of contraception that you both find acceptable. If necessary, your health care professional can refer you to a specialist for advice on contraception.

It is important that you do not change or stop contraceptive (birth control) methods without talking to your prescriber first.

Pregnancy Testing

If you are able to become pregnant, your prescriber will perform regular pregnancy tests to confirm that you are not pregnant before taking thalidomide.

- You must have been using an effective contraceptive method for at least 4 weeks before thalidomide can be prescribed
- A pregnancy test will take place at least every 4 weeks
- Your prescriber will perform the pregnancy test during the consultation when thalidomide is prescribed, or in the previous three days
- A pregnancy test will take place at least 4 weeks after stopping treatment

Contraception Summary

It is important that you understand and follow **appropriate methods of contraception** and **pregnancy testing** information described.

- Pregnancy tests must be performed at least every 4 weeks even if you think there is no chance you have become pregnant since your last test.
- Contraceptive methods must be followed at least 4 weeks before starting treatment, during treatment even during dose interruptions, and until at least 4 weeks after stopping treatment.
- Talk to your prescriber before changing or stopping any method of contraception.
- If you think you are pregnant, stop taking thalidomide and contact your prescriber straight away.
- **Do not take Thalidomide BMS®** if you are pregnant or think you may be pregnant or are planning to become pregnant, **as Thalidomide BMS® causes birth defects and foetal death.**

Receiving Your Prescription

Your prescriber will issue a prescription for no more than 4 weeks supply, and you will need to see your prescriber each time you need a repeat prescription. In addition, you should have the prescription dispensed within 7 days of the prescription date, and you will need to repeat the pregnancy test each time you need a repeat prescription.

End of Treatment

After completing your thalidomide treatment, it is important that:

1. You return any unused thalidomide capsules to your pharmacist
2. You continue using your effective method of contraception for at least 4 weeks after the end of treatment
3. You have to undergo a final pregnancy test at least 4 weeks after the end of treatment
4. You do not donate blood for at least 4 weeks after the end of treatment

Male:

Thalidomide is present in seminal fluid. This means that if your partner is pregnant or able to become pregnant, you must use condoms every time you have heterosexual activity during treatment, during dose interruptions and for 4 weeks after the end of treatment, even if you have had a vasectomy, as seminal fluid may still contain thalidomide in the absence of spermatozoa.

If your partner does become pregnant whilst you are taking thalidomide or 4 weeks after you have stopped taking thalidomide, you should inform your prescriber immediately and your partner should also inform her physician immediately.

Thalidomide Treatment

Before starting initial treatment, your prescriber will ask you to read and sign a Patient Registration Form, which confirms that while taking thalidomide:

1. You understand the risks of birth defects.
2. You understand how to prevent any exposure of thalidomide to women who are pregnant or are able to become pregnant.
3. You understand the other important safety messages that must be followed.

Your prescriber will keep this form with your medical records, and you will be given a copy.

In addition your prescriber will send a copy of the 'Patient Registration Form' to Neopharm.

If you have a female partner who is pregnant or is able to become pregnant, it is important that she understands her risks of exposure to thalidomide during your treatment.

Contraceptive Methods

Thalidomide passes into human semen.

Prior to starting initial treatment your prescriber will talk to you about the contraceptive measures that you must follow if you have a female partner who is pregnant or who is able to become pregnant, as you must protect her against any exposure to thalidomide. This means that you must use condoms every time you have heterosexual intercourse:

1. During treatment, even during dose interruptions
2. Until at least 4 weeks after stopping treatment

If your partner does become pregnant whilst you are taking thalidomide or 4 weeks after you have stopped taking thalidomide, you should inform your prescriber immediately and your partner should also inform her physician immediately.

Your prescriber will issue a prescription for no more than 12 weeks supply.

End of Treatment

After completing your thalidomide treatment, it is important that:

1. You return any unused thalidomide capsules to your pharmacist.
2. If you have been using condoms as a method of contraception, you must continue doing so for at least 4 weeks.
3. If your female partner has been using an effective method of contraception, she must continue doing so for at least 4 weeks.
4. You do not donate blood, semen, or sperm for at least 4 weeks.

Women of Non-Childbearing Potential

Thalidomide Treatment

Before starting initial treatment, your prescriber will ask you to read and sign a Patient Registration Form, which confirms that while taking thalidomide:

1. You understand the risks of birth defects.
2. You understand the other important safety messages that must be followed.

Your prescriber will keep this form with your medical records, and you will be given a copy.

In addition your prescriber will send a copy of the 'Patient Registration Form' to Neopharm.

In order to ensure that an unborn baby is not exposed to thalidomide, your prescriber will complete a Patient Registration Form documenting that you are not able to become pregnant.

You are considered to be a woman who is not able to become pregnant if you fall into one of the following categories:

- 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 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 gynaecologist.
- You have the XY genotype, Turner syndrome or uterine agenesis.

If you believe that you are a woman of childbearing potential then please inform your prescriber straight away, as you must read the section for Women of Childbearing Potential.

Your prescriber will issue a prescription for no more than 12 weeks supply.

End of Treatment

After completing your thalidomide treatment, it is important that:

1. You return any unused thalidomide capsules to your pharmacist.
2. You do not donate blood for at least 4 weeks.

Additional Safety Measures - All patients

- Please remember that your thalidomide must only be used by you. Do not share your medicine with anyone else, even if they have similar symptoms to you.
- Store your thalidomide capsules safely, so no one else could take them by accident.
- Keep thalidomide out of reach and sight of children.
- You must not donate blood while you are being treated with thalidomide (including dose interruptions), and for at least 4 weeks after stopping treatment.

Thalidomide and Other Possible Side Effects

Like all medicines, thalidomide 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 Patient 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 prescriber. It is important that you talk to your prescriber if you have any side effects during thalidomide treatment.

Stop taking thalidomide and see a doctor straight away if you notice the following symptoms: palpitations, chest pain, pressure in the chest, difficulty in breathing, sweating, light headedness, dizziness, blurred vision, and fatigue. This is important because the above-mentioned symptoms may be indicators of more severe heart disease which may need urgent medical attention.

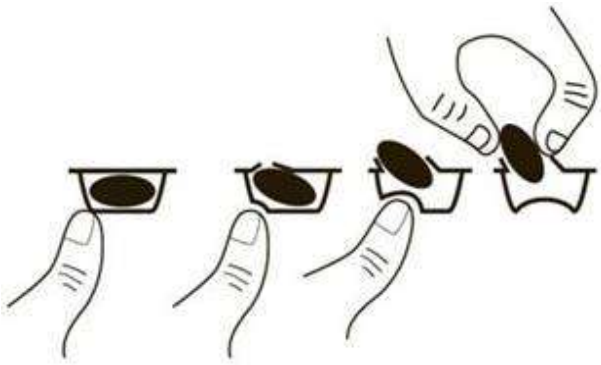
Points to Consider for Handling the Medicinal Product: for Patients, Family Members and Caregivers

Do not share the medicinal product with anyone else, even if they have similar symptoms. Store them safely so that no one else can take them by accident and keep them 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 the 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 located at one site only, which reduces the risk of the capsule deforming or breaking (see figure below).

Patients, 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 in accordance with 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 below for further guidance.



When handling the medicinal product use the following precautions to prevent potential exposure if you are a patient, 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 and 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 them according to local requirements.
- Wash hands thoroughly with soap and water after removing gloves.
- Patients should be advised never to give thalidomide to another person.

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

- If outer carton is visibly damaged – **do not open**.
- If blister strips are damaged or leaking or capsules are noted to be damaged or leaking – **close outer carton immediately**.
- Place the product inside a sealable plastic polyethylene bag.
- Return unused pack to the pharmacist for safe disposal as soon as possible.

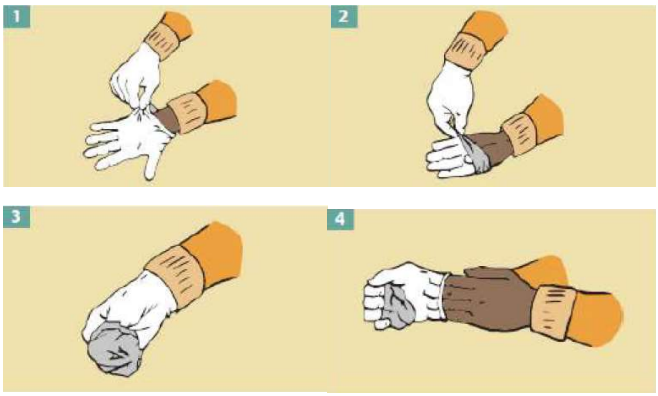
If product is released or spilled, take proper precautions to minimize exposure by using appropriate personal protection

- If capsules are crushed or broken, dust containing drug substance may be released. Avoid dispersing the powder and avoid breathing on or inhaling the powder.
- Wear disposable gloves to clean up the powder.
- Place a damp cloth or towel over the powder area to minimize entry of powder into the air. Add excess liquid to allow the material to enter solution. After handling, clean the area thoroughly with soap and water, then dry it.
- Place all contaminated materials, including damp cloth or towel, and the gloves, into a sealable polyethylene plastic bag. Dispose of it 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 attached to the skin or mucous membranes

- If you touch the drug powder, please wash exposed area thoroughly with running water and soap.
- If drug powder makes contact with one or both of your eyes, remove and discard any contact lenses in use. Then, thoroughly flush eyes with water for at least 15 minutes. If irritation occurs, please contact an ophthalmologist.

Proper Technique for Removing Gloves



- Grasp outside edge near wrist (1).
- Peel away from hand, turning glove inside-out (2).
- Hold in opposite gloved hand (3).
- Slide ungloved finger under the wrist of the remaining glove, being careful not to touch the outside of the glove (4).
- Peel off from inside, creating a bag for both gloves.
- Discard in 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.

Reporting of side effects

Side effects can be reported to the Ministry of Health by clicking on the link "Report Side Effects of Drug Treatment" that appears on the homepage of the Ministry of Health's website (www.health.gov.il) which links to a portal, or by the following link: https://sideeffects.health.gov.il
and by emailing the Registration Holder's Product Safety and Quality Department at:
drugsafety@neopharmgroup.com
Tel: 03-9373796

Personal data privacy

Neopharm processes personal data relating to patients receiving this product and to health professionals involved in their therapeutic management, for the purposes of managing and reducing the risk linked to the use of this product as legally required. You may contact us at any time to ask what Personal Data we process about you. If such a request places Neopharm or its affiliates in breach of its obligations under applicable laws, regulations or codes of practice, then Neopharm may not be able to comply with your request. To exercise your rights: privacy@Neopharmgruop.com

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