Conversation Starter

Whether you're a patient or caregiver, here are some questions to help you talk to your doctor.

What is REVLIMID® (lenalidomide)?

REVLIMID is a prescription medicine used to treat adults with multiple myeloma (MM) in combination with the medicine dexamethasone, or as maintenance treatment after autologous hematopoietic stem cell transplantation (a type of stem cell transplant that uses your own stem cells). REVLIMID should not be used to treat people who have chronic lymphocytic leukemia (CLL) unless they are participants in a controlled clinical trial. It is not known if REVLIMID is safe and effective in children.

REVLIMID is only available through a restricted distribution program, REVLIMID REMS®.

Boxed WARNINGS

Selected Important Safety Information

Some of the serious side effects of REVLIMID include:

- Possible birth defects (deformed babies) or death of an unborn baby.

- Can cause harm to an unborn baby, blood clots, and low blood cell counts.

Please see additional Important Safety Information at the end of this document.

Please see detailed REVLIMID Important Safety Information on pages 13-20, as well as full Prescribing Information, including Boxed WARNINGS regarding risk to unborn babies, risk of low blood counts, and blood clots, and Medication Guide.

Selected Important Safety Information

- **Do not take REVLIMID® (lenalidomide) if you are pregnant, plan to become pregnant, or become pregnant during treatment with REVLIMID. REVLIMID may cause possible birth defects (deformed babies) or death of an unborn baby; low white blood cells (neutropenia) and low platelets (thrombocytopenia); and a higher chance for blood clots in your veins (deep vein thrombosis) and lungs (pulmonary embolism); heart attack; and stroke.**
- **REVLIMID can cause serious side effects, including: an increased risk of death in people who have chronic lymphocytic leukemia (CLL); risk of new cancers, severe liver problems, including liver failure and death; severe skin reactions and severe allergic reactions; tumor lysis syndrome (TLS); tumor flare reaction; thyroid problems; and risk of early death in mantle cell lymphoma (MCL).**

Please see full Important Safety Information, including Boxed WARNINGS, on pages 13-20 of this document.
Talk to your healthcare provider if you have any questions.

Every journey has a beginning

Multiple myeloma (MM) can be overwhelming and hard to understand. Our hope is that you'll use this Conversation Starter to help you talk to your doctor and ask meaningful questions.

Keep in mind, every patient has a different MM experience. Here are some tips to help prepare you for your journey:

- Bringing a friend or family member with you to your appointments may be helpful to provide an extra set of ears so you don't miss any of the details the doctor may explain.
- Consider bringing a notepad, a pen, and a list of all the medications you are currently taking to your doctor's office.
- Keep and bring notes of any new or ongoing side effects you're having. This will remind you to mention them to your doctor.

Every patient with MM has a different journey. It's important to be prepared.

Considering treatment options

Together with your doctor, you'll develop a plan for how you're going to treat the disease. Here are some important questions to consider while discussing your treatment plan.

QUESTIONS YOU MIGHT ASK:

- What are my treatment options?
- What should I consider when deciding if REVLIMID® (lenalidomide) is right for me?
- What can I expect when taking REVLIMID?
- What are the side effects with REVLIMID that I should watch out for?
- Does REVLIMID interact with any other medications I'm currently taking?

Notes:

Taking REVLIMID® (lenalidomide)

There are many important things to understand about MM and your medication. If your treatment plan includes REVLIMID, here are some questions you may want to consider with your doctor.

QUESTIONS YOU MIGHT ASK:

- Why do I have to join the REVLIMID REMS® program to take REVLIMID?
- How long can I expect to be on REVLIMID?
- How often do I need to come in for an appointment?
- How will you monitor my progress and results?
- What's the difference between a partial response and a complete response?
- How will I know if my MM is getting worse?
- What happens if I experience a relapse with my MM?

Notes:

Understanding potential side effects

Understanding the potential side effects of REVLIMID® (lenalidomide) is very important. Throughout your treatment, keep a close eye on how you feel. Let your doctor know if you are experiencing new symptoms or side effects. Your healthcare provider may tell you to decrease your dose, temporarily stop, or permanently stop taking REVLIMID if you develop certain serious side effects during treatment with REVLIMID.

QUESTIONS YOU MIGHT ASK:

- What should I do if I start experiencing side effects?
- What are serious side effects that I should be aware of with REVLIMID?

Notes:

RevlimidREMS®

REVLIMID is only available through a restricted distribution program, REVLIMID REMS®.

Please see detailed Important Safety Information on pages 13-20, and full Prescribing Information, including Boxed WARNINGS and Medication Guide.

Revlimid® (lenalidomide) capsules 2.5 · 5 · 10 · 15 · 20 · 25 mg

Getting support

Learning about MM and treatment options is only part of the journey. There is also information about various support programs that might be helpful to you. Here are some questions to help you with your discussion with your doctor.

QUESTIONS YOU MIGHT ASK:

- Will my health insurance pay for REVLIMID® (lenalidomide)?
- What if my REVLIMID prescription is denied?
- Can Celgene Patient Support® help me even if I don't have health insurance?
- Can I pick up REVLIMID from my local pharmacy?
- How can I get more information about REVLIMID?

Notes:

How to talk to loved ones

After you're diagnosed with MM, you may be wondering how to talk to friends and family to let them know what you're going through. You may even find some of the topics difficult to talk about.

Having someone close to you as a caregiver is important. They may be able to help you stay organized.

QUESTIONS YOU MIGHT ASK:

- Would you like to come with me to my appointments?
- Can you help me prepare for my appointments?

Notes:

Caregiver perspective

GETTING SUPPORT:

- What resources are available for patients with MM?
- Is there financial assistance to help cover the cost of treatment?
- Are you aware of travel assistance programs to get us to and from appointments?
- Are you aware of any resources and support for caregivers?
- Are you aware of any organizations we should join?
- Is there someone who can help us with insurance?

Notes:

Caregiver perspective

PROVIDING CARE:

- Are there any dietary restrictions that we should be aware of?
- Are there activities we should avoid?
- What can I do to help them prepare for treatment?
- Can we make travel plans?
- What side effects can I expect to see with REVLIMID® (lenalidomide)?
- What should I do if I think there are serious side effects?
- How can I get in touch with you if there's an emergency?

Notes:

Caregiver perspective

TAKING REVLIMID® (lenalidomide):

- How often will we need to come in for appointments?
- How long will they be on treatment?
- How will you monitor their progress and results?
- What should I do if they experience side effects with REVLIMID?
- How often do they take REVLIMID?
- What if they forget a dose?
- Can they take REVLIMID with the other medicines they're currently on?

Notes:

Caregiver perspective

TALKING WITH THE PATIENT:

- What time of day do you need help with the most?
- How can I help you prepare for an appointment?
- Do you want me to come with you to all of your appointments?
- What can I do around the house to make things easier for you?
- Are there chores/errands I can help you with?
- Do you want me to help you organize your appointments?
- Do you want to join any support groups together?

Notes:

Important Safety Information

WARNING: Risk to unborn babies, risk of low blood counts and blood clots.

What is the most important information I should know about REVLIMID® (lenalidomide)?

Before you begin taking REVLIMID, you must read and agree to all of the instructions in the REVLIMID REMS® program. Before prescribing REVLIMID, your healthcare provider will explain the REVLIMID REMS program to you and have you sign the Patient-Physician Agreement Form.

REVLIMID may cause serious side effects, including:

- **Possible birth defects (deformed babies) or death of an unborn baby.** Females who are pregnant or who plan to become pregnant must not take REVLIMID.

  REVLIMID is similar to the medicine thalidomide which is known to cause severe life-threatening birth defects. REVLIMID has not been tested in pregnant females. REVLIMID has harmed unborn animals in animal testing.

  Females must not get pregnant:
  - For at least 4 weeks before starting REVLIMID
  - While taking REVLIMID
  - During any breaks (interruptions) in your treatment with REVLIMID
  - For at least 4 weeks after stopping REVLIMID

  Females who can become pregnant:
  - Must 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.
  - Must agree to use 2 different forms of effective 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 REVLIMID.
  - Talk with your healthcare provider to find out about options for effective forms of birth control that you may use to prevent pregnancy before, during, and after treatment with REVLIMID.

Important Safety Information (continued)

What is the most important information I should know about REVLIMID? (continued)

- If you had unprotected sex or if you think your birth control has failed, stop taking REVLIMID immediately and call your healthcare provider right away.

If you become pregnant while taking REVLIMID, stop taking it right away and call your healthcare provider. If your healthcare provider is not available, you can call Celgene Customer Care Center at 1-888-423-5436. Healthcare providers and patients should report all cases of pregnancy to:

- FDA MedWatch at 1-800-FDA-1088, and
- Celgene Corporation at 1-888-423-5436.

There is a pregnancy exposure registry that monitors the outcomes of females who take REVLIMID during pregnancy, or if their male partner takes REVLIMID and they are exposed during pregnancy. You can enroll in this registry by calling Celgene Corporation at the phone number listed above.

REVLIMID can pass into human semen:

- Males, including those who have had a vasectomy, must always use a latex or synthetic condom during any sexual contact with a pregnant female or a female that can become pregnant while taking REVLIMID, during any breaks (interruptions) in your treatment with REVLIMID, and for up to 4 weeks after stopping REVLIMID.
- Do not have unprotected sexual contact with a female who is or could become pregnant. Tell your healthcare provider if you do have unprotected sexual contact with a female who is or could become pregnant.
- Do not donate sperm while taking REVLIMID, during any breaks (interruptions) in your treatment, and for 4 weeks after stopping REVLIMID. If a female becomes pregnant with your sperm, the baby may be exposed to REVLIMID and may be born with birth defects.

Men: If a female becomes pregnant with your sperm, you should call your HCP right away.

Important Safety Information (continued)

What is the most important information I should know about REVLIMID? (continued)

- **Low white blood cells (neutropenia) and low platelets (thrombocytopenia).** REVLIMID causes low white blood cells and low platelets in most people. You may need a blood transfusion or certain medicines if your blood counts drop too low. Your healthcare provider should check your blood counts often, especially during the first several months of treatment with REVLIMID, and then at least monthly. Tell your healthcare provider if you develop any bleeding or bruising during treatment with REVLIMID.

- **Blood clots.** Blood clots in the arteries, veins, and lungs happen more often in people who take REVLIMID. This risk is even higher for people with multiple myeloma who take the medicine dexamethasone with REVLIMID. Heart attacks and strokes also happen more often in people who take REVLIMID with dexamethasone. To reduce this increased risk, most people who take REVLIMID will also take a blood thinner medicine.

Before taking REVLIMID, tell your healthcare provider:

- if you have had a blood clot in the past;
- if you have high blood pressure, smoke, or if you have been told you have a high level of fat in your blood (hyperlipidemia); and
- about all the medicines you take. Certain other medicines can also increase your risk for blood clots

Call your healthcare provider or get medical help right away if you get any of the following during treatment with REVLIMID:

- **Signs or symptoms of a blood clot in the lung, arm, or leg may include:** shortness of breath, chest pain, or arm or leg swelling
- **Signs or 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 stroke may include:** sudden numbness or weakness, especially on one side of the body, severe headache or confusion, or problems with vision, speech, or balance

Important Safety Information (continued)

Who should not take REVLIMID?

Do not take REVLIMID if you:

- **are pregnant, plan to become pregnant, or become pregnant during treatment with REVLIMID. See "What is the most important information I should know about REVLIMID?"**
- are allergic to lenalidomide or any of the ingredients in REVLIMID. See the Medication Guide for a complete list of ingredients in REVLIMID.

What should I tell my healthcare provider before taking REVLIMID?

Before you take REVLIMID, tell your healthcare provider about all of your medical conditions, including if you:

- have liver problems
- have kidney problems or receive kidney dialysis treatment
- have thyroid problems
- have had a serious skin rash with thalidomide treatment. You should not take REVLIMID.
- are lactose intolerant. REVLIMID contains lactose.
- are breastfeeding. Do not breastfeed during treatment with REVLIMID. It is not known if REVLIMID passes into your breast milk and can harm your baby.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements. REVLIMID and other medicines may affect each other, causing serious side effects. Talk with your healthcare provider before taking any new medicines. Know the medicines you take. Keep a list of them to show your healthcare provider and pharmacist.

How should I take REVLIMID?

Take REVLIMID exactly as prescribed and follow all the instructions of the REVLIMID REMS program

- Swallow REVLIMID capsules whole, with water, 1 time a day. **Do not open, break, or chew your capsules.**
- **REVLIMID may be taken with or without food.**
- Take REVLIMID at about the same time each day.

Important Safety Information (continued)

How should I take REVLIMID? (continued)

- Do not open the REVLIMID capsules or handle them any more than needed. If powder from the REVLIMID capsule comes in contact with:
  - your skin, wash the skin right away with soap and water.
  - inside of your eyes, nose, or mouth, flush well with water.
- If you miss a dose of REVLIMID 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 REVLIMID, call your healthcare provider right away.

What should I avoid while taking REVLIMID?

- See "What is the most important information I should know about REVLIMID?"
- **Females: Do not get pregnant and do not breastfeed while taking REVLIMID.**
- **Males: Do not donate sperm.**
- **Do not share REVLIMID with other people. It may cause birth defects and other serious problems.**
- **Do not donate blood** while you take REVLIMID, during any breaks (interruptions) in your treatment, and for 4 weeks after stopping REVLIMID. If someone who is pregnant gets your donated blood, her baby may be exposed to REVLIMID and may be born with birth defects.

What are the possible side effects of REVLIMID?

REVLIMID can cause serious side effects, including:

- **See "What is the most important information I should know about REVLIMID?"**
- **Increased risk of death in people who have chronic lymphocytic leukemia (CLL).** People with CLL who take REVLIMID have an increased risk of death compared with people who take the medicine chlorambucil. REVLIMID may cause you to have serious heart problems that can lead to death, including atrial fibrillation, heart attack, or heart failure. You should not take REVLIMID if you have CLL unless you are participating in a controlled clinical trial.

Important Safety Information (continued)

What are the possible side effects of REVLIMID? (continued)

- **Risk of new cancers (malignancies).** An increase in new (second) cancers has happened in patients who received REVLIMID and melphalan, or a blood stem cell transplant, including certain blood cancers, such as acute myelogenous leukemia (AML), myelodysplastic syndromes (MDS), and certain other types of cancers of the skin and other organs. Talk with your healthcare provider about your risk of developing new cancers if you take REVLIMID. Your healthcare provider will check you for new cancers during your treatment with REVLIMID.

- **Severe liver problems, including liver failure and death.** Your healthcare provider should do blood tests to check your liver function during your treatment with REVLIMID. Tell your healthcare provider right away if you develop any of the following symptoms of liver problems:
    - yellowing of your skin or the white part of your eyes (jaundice)
    - dark or brown (tea-colored) urine
    - pain on the upper right side of your stomach area (abdomen)
    - bleeding or bruising more easily than normal
    - feeling very tired

- **Severe skin reactions and severe allergic reactions** can happen with REVLIMID and may cause death.

  Call your healthcare provider right away if you develop any of the following signs or symptoms during treatment with REVLIMID:
    - a red, itchy skin rash
    - peeling of your skin or blisters
    - severe itching
    - fever

Important Safety Information (continued)

What are the possible side effects of REVLIMID? (continued)

Get emergency medical help right away if you develop any of the following signs or symptoms during treatment with REVLIMID:

- 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).** TLS is caused by the fast breakdown of cancer cells. TLS can cause kidney failure and the need for dialysis treatment, abnormal heart rhythm, seizure, and sometimes death. Your healthcare provider may do blood tests to check you for TLS.
- **Worsening of your tumor (tumor flare reaction).** Tell your healthcare provider if you get any of these symptoms of tumor flare reaction while taking REVLIMID: tender, swollen lymph nodes; low-grade fever, pain, or rash.
- **Thyroid problems.** Your healthcare provider may check your thyroid function before you start taking REVLIMID and during treatment with REVLIMID.
- **Risk of early death in MCL.** In people who have mantle cell lymphoma (MCL), there may be a risk of dying sooner (early death) when taking REVLIMID. Talk with your healthcare provider about any concerns and possible risk factors.

Important Safety Information (continued)

The most common side effects of REVLIMID include:

- diarrhea
- rash
- nausea
- constipation
- tiredness or weakness
- fever
- itching
- swelling of your arms, hands, legs, feet, and skin
- sleep problems (insomnia)
- headache
- muscle cramps or spasms
- shortness of breath
- cough, sore throat, and other symptoms of a cold
- upper respiratory tract infection or bronchitis
- inflammation of the stomach and intestine ("stomach flu")
- nose bleed
- shaking or trembling (tremor)
- joint aches
- pain in your back or stomach area (abdomen)

These are not all of the possible side effects of REVLIMID. Your healthcare provider may tell you to decrease your dose, temporarily stop or permanently stop taking REVLIMID if you develop certain serious side effects during treatment with REVLIMID. Call your doctor for medical advice about side effects. You may report side effects to the FDA at 1-800-FDA-1088.

Please see full Prescribing Information, including Boxed WARNINGS and Medication Guide.

Revlimid REMS®

REVLIMID is only available through a restricted distribution program, REVLIMID REMS®.

Revlimid® (lenalidomide) capsules
2.5 · 5 · 10 · 15 · 20 · 25 mg

Please see detailed REVLIMID Important Safety Information on pages 13-20, as well as full Prescribing Information, including Boxed WARNINGS and Medication Guide.

REVLIMID is only available through a restricted distribution program, REVLIMID REMS®.

Bristol Myers Squibb™