



PATIENT & CAREGIVER EDUCATION

Iberdomide

This information from UpToDate® Lexidrug™ explains what you need to know about this medication, including what it's used for, how to take it, its side effects, and when to call your healthcare provider.

Brand Names: US

Zenbexus

Warning

- Do not take this drug if you are pregnant. Use of this drug during pregnancy can cause birth defects or death of the unborn baby. If you are able to become pregnant, you will need to have 2 pregnancy tests before starting this drug to show that you are NOT pregnant. You will also need to have pregnancy tests during treatment. Talk to your doctor.
- If you are able to get pregnant, you must either not have sex or you must use 2 kinds of birth control when you have sex. Do this for at least 4 weeks before starting this drug, during treatment and any treatment breaks, and for at least 4 weeks after your last dose. Talk to your doctor about what kinds of birth control to use. If you get pregnant while taking this drug or within 4 weeks after your last dose, call your doctor right away.
- If you miss a period or think you may be pregnant, call your doctor right away.
- Serious blood clots may happen with this drug. Some of these may be life-threatening. These may include heart attack, stroke, and clots in the legs or lungs. You may need to take drugs to lower the risk of blood clots while taking this drug.

What is this drug used for?

- It is used to treat multiple myeloma.
- This drug is taken with other drugs. Be sure you know about the warnings, benefits, and risks of these other drugs. Talk with the doctor if you have questions or concerns about any of the drugs.

What do I need to tell my doctor BEFORE I take this drug?

- If you are allergic to this drug; any part of this drug; or any other drugs, foods, or substances. Tell your doctor about the allergy and what signs you had.
- If you have an infection.
- If you take any drugs (prescription or OTC, natural products, vitamins) that must not be taken with this drug, like certain drugs that are used for HIV, infections, depression, and others. There are many drugs that must not be taken with this drug. Your doctor or pharmacist can tell you if you are taking a drug that must not be taken with this drug.
- If you are breast-feeding. Do not breast-feed while you take this drug.

This is not a list of all drugs or health problems that interact with this drug.

Tell your doctor and pharmacist about all of your drugs (prescription or OTC, natural products, vitamins) and health problems. You must check to make sure that it is safe for you to take this drug with all of your drugs and health problems. Do not start, stop, or change the dose of any drug without checking with your doctor.

What are some things I need to know or do while I take this drug?

- Tell all of your health care providers that you take this drug. This includes your doctors, nurses, pharmacists, and dentists.
- Have your blood work and other lab tests checked as you have been told by your doctor.
- You may have more chance of getting an infection. Some of these infections may be severe or even deadly. Wash hands often. Stay away from people with infections, colds, or flu.
- You may bleed more easily. Be careful and avoid injury. Use a soft toothbrush and an electric razor.

- New types of cancer have happened in people taking this drug. If you have questions, talk with the doctor.
- Do not donate blood or blood products while taking this drug or for 4 weeks after your last dose.
- This drug may affect fertility. Fertility problems may lead to not being able to get pregnant or father a child. In males, this may go back to normal. In females, it is not known if this will go back to normal. If you have questions, talk with the doctor.
- Do not donate eggs while you are taking this drug or for 4 weeks after your last dose.
- Do not donate sperm while you are taking this drug and for 4 weeks after your last dose.
- If your sex partner may become pregnant, use a latex or synthetic condom during sex. Do this even if you have had a vasectomy. Do this during treatment, during any breaks in treatment, and for at least 4 weeks after your last dose. If your partner gets pregnant, call the doctor right away.

What are some side effects that I need to call my doctor about right away?

WARNING/CAUTION: Even though it may be rare, some people may have very bad and sometimes deadly side effects when taking a drug. Tell your doctor or get medical help right away if you have any of the following signs or symptoms that may be related to a very bad side effect:

- Signs of an allergic reaction, like rash; hives; itching; red, swollen, blistered, or peeling skin with or without fever; wheezing; tightness in the chest or throat; trouble breathing, swallowing, or talking; unusual hoarseness; or swelling of the mouth, face, lips, tongue, or throat.
- Signs of infection like fever, chills, or sweating; cough; muscle aches; shortness of breath; more sputum or change in color of sputum; red, warm, swollen, painful, or blistered skin; weight loss; stomach pain; diarrhea; pain with passing urine; or passing urine more often.
- Signs of bleeding like throwing up or coughing up blood; vomit that looks

like coffee grounds; blood in the urine; black, red, or tarry stools; bleeding from the gums; abnormal vaginal bleeding; bruises without a cause or that get bigger; or bleeding you cannot stop.

- Signs of low calcium levels like muscle cramps or spasms, numbness and tingling, or seizures.
- Signs of kidney problems like unable to pass urine, change in how much urine is passed, blood in the urine, or a big weight gain.
- Shortness of breath.
- Swelling.
- Muscle or bone pain.
- Change in balance.
- Trouble walking.
- A burning, numbness, or tingling feeling that is not normal.
- Call your doctor right away if you have signs of a blood clot like chest, arm, back, neck, or jaw pain or pressure; cold sweats; throwing up; severe headache; dizziness; coughing up blood; numbness or weakness on 1 side of your body; drooping on 1 side of the face; trouble speaking or thinking; change in balance; change in eyesight; shortness of breath; or swelling, warmth, color change, or pain in a leg or arm.

What are some other side effects of this drug?

All drugs may cause side effects. However, many people have no side effects or only have minor side effects. Call your doctor or get medical help if any of these side effects or any other side effects bother you or do not go away:

- Diarrhea or constipation.
- Upset stomach.
- Trouble sleeping.
- Feeling tired or weak.
- Dizziness.

These are not all of the side effects that may occur. If you have questions about side effects, call your doctor. Call your doctor for medical advice about side effects.

You may report side effects to your national health agency.

You may report side effects to the FDA at 1-800-332-1088. You may also report side effects at <https://www.fda.gov/medwatch>.

How is this drug best taken?

Use this drug as ordered by your doctor. Read all information given to you. Follow all instructions closely.

- Take with or without food.
- Swallow whole with water. Do not chew, open, or break.
- You will need to take special care with this drug. If a capsule opens or breaks, do not touch the contents. Wear gloves or take other precautions. If you do accidentally touch the contents, wash well with soap and water. Do not raise dust from the contents while cleaning up.
- Take this drug at the same time of day.
- Keep using this drug as you have been told by your doctor or other health care provider, even if you feel well.

What do I do if I miss a dose?

- Take a missed dose as soon as you think about it.
- If it has been more than 12 hours since the missed dose, skip the missed dose and go back to your normal time.
- Do not take 2 doses at the same time or extra doses.

How do I store and/or throw out this drug?

- Store at room temperature in a dry place. Do not store in a bathroom.
- Store in the original bottle with the lid tightly closed. The bottle has a desiccant in it to keep the drug dry. Keep the desiccant in the bottle. Do not eat or swallow the desiccant.
- Keep all drugs in a safe place. Keep all drugs out of the reach of children and pets.
- Throw away unused or expired drugs. Do not flush down a toilet or pour down a drain unless you are told to do so. Check with your pharmacist if you have questions about the best way to throw out drugs. There may be drug take-back programs in your area.

General drug facts

- If your symptoms or health problems do not get better or if they become worse, call your doctor.
- Do not share your drugs with others and do not take anyone else's drugs.
- Some drugs may have another patient information leaflet. If you have any questions about this drug, please talk with your doctor, nurse, pharmacist, or other health care provider.
- Some drugs may have another patient information leaflet. Check with your pharmacist. If you have any questions about this drug, please talk with your doctor, nurse, pharmacist, or other health care provider.
- If you think there has been an overdose, call your poison control center or get medical care right away. Be ready to tell or show what was taken, how much, and when it happened.

Consumer Information Use and Disclaimer

This generalized information is a limited summary of diagnosis, treatment, and/or medication information. It is not meant to be comprehensive and should be used as a tool to help the user understand and/or assess potential diagnostic

and treatment options. It does NOT include all information about conditions, treatments, medications, side effects, or risks that may apply to a specific patient. It is not intended to be medical advice or a substitute for the medical advice, diagnosis, or treatment of a health care provider based on the health care provider's examination and assessment of a patient's specific and unique circumstances. Patients must speak with a health care provider for complete information about their health, medical questions, and treatment options, including any risks or benefits regarding use of medications. This information does not endorse any treatments or medications as safe, effective, or approved for treating a specific patient. UpToDate, Inc. and its affiliates disclaim any warranty or liability relating to this information or the use thereof. The use of this information is governed by the Terms of Use, available at <https://www.wolterskluwer.com/en/know/clinical-effectiveness-terms>.

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If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.

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