

Linadex 5mg, 10mg,  
15mg, 25mg hard capsules

PACKAGE LEAFLET: INFORMATION FOR THE PATIENT

Linadex 5mg, 10mg, 15mg, 25mg hard capsules

Read all of this leaflet carefully before you start taking this medicine because it contains important information for you.

– Keep this leaflet. You may need to read it again.

– If you have any further questions, ask your doctor or pharmacist.

– **This medicine has been prescribed for you only. Do not pass it on to others. It may harm them, even if their signs of illness are the same as yours.**

– If you get any side effects talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. See section 4.

What is in this leaflet

1. What Linadex is and what it is used for
2. What you need to know before you take Linadex
3. How to take Linadex
4. Possible side effects
5. How to store Linadex
6. Content of the pack and other information

1. WHAT LINADEX IS AND WHAT IT IS USED FOR  
What Linadex is

Linadex contains the active substance 'lenalidomide'. This medicine belongs to a group of medicines which affect how your immune system works.

**What Linadex is used for**  
Linadex is used in adults for multiple myeloma.

**Multiple myeloma**  
Multiple myeloma is a type of cancer which affects a certain kind of white blood cell, called the plasma cell. These cells collect in the bone marrow and divide, becoming out of control. This can damage the bones and kidneys.  
Multiple myeloma generally cannot be cured. However, the signs and symptoms can be greatly reduced or disappear for a period of time. This is called a 'response'.

**Newly diagnosed multiple myeloma – in patients who have had a bone marrow transplant**  
Linadex is used on its own as maintenance therapy after patients have recovered enough following a bone marrow transplant.

**Newly diagnosed multiple myeloma – in patients who cannot have a bone marrow transplant**

Linadex is taken with other medicine:

- an anti-inflammatory medicine called 'dexamethasone'.

You will take this other medicine at the start of treatment and then continue to take Lenalidomide on its own.

If you are aged 75 years or older or have moderate to severe kidney problems – your doctor will check you carefully before starting treatment.

**Multiple myeloma – in patients who have had treatment before**

Linadex is taken together with an anti-inflammatory medicine called 'dexamethasone'.

Linadex can stop the signs and symptoms of multiple myeloma getting worse. It has also been shown to delay multiple myeloma from coming back following treatment.

**How Linadex works**  
Linadex works by affecting the body's immune system and directly attacking the cancer. It works in a number of different ways:

- by stopping the cancer cells developing
- by stopping blood vessels growing in the cancer
- by stimulating part of the immune system to attack the cancer cells.

2. WHAT YOU NEED TO KNOW BEFORE YOU TAKE LINADEX  
DO NOT TAKE LINADEX:

- If you are pregnant, think you may be pregnant or are planning to become pregnant, **as Linadex is expected to be harmful to an unborn child** (see section 2, "Pregnancy, breast-feeding and contraception – information for women and men").
- If you are able to become pregnant, unless you follow all the necessary measures to prevent you from becoming pregnant (see section 2, "Pregnancy, breast-feeding and contraception – information for women and men").

If you are able to become pregnant, your doctor will record with each prescription that the necessary measures have been taken and will provide you with this confirmation.

- If you are allergic to lenalidomide or any of the other ingredients of Linadex listed in section 6.

If you think you may be allergic, ask your doctor for advice.

If any of these apply to you, do not take Linadex. Talk to your doctor if you are not sure.

**Warnings and precautions**  
**Tell your doctor before starting treatment if you have:**

- had blood clots in the past - you have an increased risk of developing blood clots in the veins and arteries during treatment
- any signs of an infection, such as a cough or fever
- or have ever had previous viral infection, particularly hepatitis B infection, varicella zoster, HIV. If you are in doubt, talk to your doctor. Treatment with Lenalidomide may cause virus to become active again, in patients who carry the virus, resulting in a recurrence of the infection. Your doctor should check whether you have ever had hepatitis B infection.

- kidney problems - your doctor may adjust your dose of Linadex

- had a heart attack, have ever had a blood clot, or if you smoke, have high blood pressure or high cholesterol levels

- had an allergic reaction whilst taking thalidomide (another medicine used to treat multiple myeloma) such as rash, itching, swelling, dizziness or trouble breathing

- experienced in the past a combination of any of the following symptoms: rash on face or extended rash, red skin, high fever, flu-like symptoms, enlarged lymph nodes (signs of severe skin reaction called drug reaction with eosinophilia and Systemic Symptoms (DRESS), see also section 4 "Possible side effects").

If any of the above apply to you, tell your doctor before starting treatment.

At any time during or after your treatment, tell your doctor or nurse immediately if you:

- experience blurred, loss of or double vision, difficulty speaking, weakness in an arm or a leg, a change in the way you walk or problems with your balance, persistent numbness, decreased sensation or loss of sensation, memory loss or confusion. These may all be symptoms of a serious and potentially fatal brain condition known as progressive multifocal leukoencephalopathy (PML). If you had these symptoms prior to treatment with lenalidomide, tell your doctor about any change in these symptoms.
- experience shortness of breath, tiredness, dizziness, pain in the chest, a faster heartbeat, or swelling in the legs or ankles. These may be symptoms of a serious condition known as pulmonary hypertension (see section 4).

**Tests and checks**

Before and during the treatment with Linadex you will have regular blood tests as Linadex may cause a fall in the blood cells that help fight infection (white blood cells) and help the blood to clot (platelets).

Your doctor will ask you to have a blood test:

- before treatment
- every week for the first 8 weeks of treatment
- then at least every month after that.

Your doctor may check if you have a high total amount of tumour throughout the body, including your bone marrow. This could lead to a condition where the tumours break down and cause unusual levels of chemicals in the blood which can lead to kidney failure (this condition is called "Tumour Lysis Syndrome").  
You may be evaluated for signs of cardiopulmonary problems before and during the treatment with lenalidomide.

Your doctor may check you for changes to your skin such as red spots or rashes.

Your doctor may adjust your dose of Linadex or stop your treatment based on the results of your blood tests and on your general condition. If you are newly diagnosed, your doctor may also assess your treatment based on your age and other conditions you already have.

**Blood donation**

You should not donate blood during treatment and for at least 4 weeks after the end of treatment.

**Children and adolescents**

Linadex is not recommended for use in children and adolescents under 18 years.

**Elderly and people with kidney problems**

If you are aged 75 years or older or have moderate to severe kidney problems - your doctor will check you carefully before starting treatment.

**Other medicines and Linadex**

Tell your doctor or nurse if you are taking or have recently taken any other medicines. This is because Linadex can affect the way some other medicines work. Also, some other medicines can affect the way Linadex works.

In particular, tell your doctor or nurse if you are taking any of the following medicines:

- some medicines used to prevent pregnancy such as oral contraceptives, as they may stop working
- some medicines used for heart problems – such as digoxin
- some medicines used to thin the blood – such as warfarin

**Pregnancy, breast-feeding and contraception - information for women and men**

**Pregnancy**

For women taking Linadex

- You must not take Linadex if you are pregnant, as it is expected to be harmful to an unborn baby.
- You must not become pregnant while taking Linadex. Therefore you must use effective methods of Contraception if you are a woman of childbearing potential (see "Contraception" below).
- If you do become pregnant during your treatment with Linadex, you must stop the treatment and inform your doctor immediately.

For men taking Linadex

- If your partner becomes pregnant whilst you are taking Linadex, you should inform your doctor immediately. It is recommended that your partner seeks medical advice.
- You must also use effective methods of contraception (see "Contraception" below).

**Breast-feeding**

You must not breast-feed when taking Linadex, as it is not known if Linadex passes into human milk.

**Contraception**

For women taking Linadex

Before starting the treatment, you should ask your doctor if you are able to become pregnant, even if you think this is unlikely.

If you are able to become pregnant

- You will have pregnancy tests under the supervision of your doctor (before every treatment, at least every 4 weeks during treatment, and at least 4 weeks after the treatment has finished) except where it has been confirmed that the fallopian tubes have been severed and sealed, to stop eggs from reaching the uterus (tubal sterilisation)

AND

- You must use effective methods of contraception for at least 4 weeks before starting treatment, during

treatment, and until at least 4 weeks after stopping treatment. Your doctor will advise you on appropriate methods of contraception.

For men taking Linadex

Linadex passes into human semen. If your female partner is pregnant or able to become pregnant, and she does not use effective methods of contraception, you must use condoms during treatment and for at least 4 weeks after the end of treatment, even if you have had a vasectomy.

**Driving and using machines:**

Do not drive or operate machines if you feel dizzy, tired, sleepy, have vertigo or blurred vision after taking Linadex.

**Linadex contains lactose**

Linadex contains lactose. If you have been told by your doctor that you have intolerance to some sugars, contact your doctor before taking this medicine.

**3. HOW TO TAKE LINADEX**

Linadex must be given to you by healthcare professionals with experience in treating multiple myeloma.

- When Linadex is used to treat multiple myeloma in patients who cannot have a bone marrow transplant or have had other treatments before, it is taken with dexamethasone (see section 1 'What Linadex is used for').

- When Linadex is used to treat multiple myeloma in patients who have had a bone marrow transplant, it is taken alone.

Always take Linadex exactly as your doctor has told you. Check with your doctor or pharmacist if you are not sure.

If you are taking Linadex in combination with dexamethasone, you should refer to the package leaflet of dexamethasone for further information on its use and effects.

**Treatment cycle**

Linadex is taken on certain days over 4 weeks (28 days).

- Each 28 days is called a 'treatment cycle'.

- Depending on the day of the cycle, you will take one or more of the medicines. However, on some days you do not take any of the medicines.

- After completing each 28-day cycle, you should start a new 'cycle' over the next 28 days.

**How much Linadex to take**

Before you start treatment, your doctor will tell you:

- how much Linadex you should take
- how much of the other medicines you should take in combination with Linadex, if any
- on what days of your treatment cycle to take each medicine.

**How and when to take Linadex**

- Swallow the capsules whole, preferably with water.

- Do not break, open or chew the capsules. If powder from a broken Linadex capsule makes contact with the skin, wash the skin immediately and thoroughly with soap and water.

- Healthcare professionals, caregivers and family members should wear disposable gloves when handling the blister or capsule. Gloves should then be removed carefully to prevent skin exposure, placed in a sealable plastic polyethylene bag and disposed of in accordance with local requirements. 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.

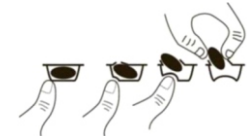
- The capsules can be taken either with or without food.

- You should take Linadex at about the same time on the scheduled days.

**Taking this medicine**

To remove the capsule from the blister:

- press only one end of the capsule out to push it through the foil
- do not put pressure on the centre of the capsule, as this can cause it to break.



**Duration of the treatment with Linadex**

Linadex is taken in treatment cycles, each cycle lasting 28 days (see above "Treatment cycle"). You should continue the cycles of treatment until your doctor tells you to stop.

**If you take more Linadex than you should**

If you take more Linadex than was prescribed, tell your doctor immediately.

**If you forget to take Linadex**

If you forget to take Linadex at your regular time and

- less than 12 hours have passed- take your capsule immediately.

- more than 12 hours have passed- do not take your capsule. Take your next capsule at the usual time the next day.

If you have any further questions on the use of this medicine, ask your doctor or pharmacist.

**4. POSSIBLE SIDE EFFECTS**

Like all medicines, Linadex can cause side effects, although not everybody gets them.

Stop taking Linadex and see a doctor straight away if you notice any of the following serious side effects – you may need urgent medical treatment:

- Hives, rashes, swelling of eyes, mouth or face, difficulty breathing, or itching, which may be symptoms of serious types of allergic reactions called angioedema and anaphylactic reaction.
- A serious allergic reaction that may begin as a rash in one area but spread with extensive loss of skin

over the whole body (Stevens-Johnson syndrome and/or toxic epidermal necrolysis).

- Widespread rash, high body temperature, liver enzyme elevations, blood abnormalities (eosinophilia), enlarged lymph nodes and other body organs involvement (Drug Reaction with Eosinophilia and Systemic Symptoms which is also known as DRESS or drug hypersensitivity syndrome). See also section 2.

Tell your doctor straight away if you notice any of the following serious side effects:

- fever, chills, sore throat, cough, mouth ulcers or any other symptoms of infection including within the bloodstream (sepsis)
- bleeding or bruising in the absence of injury
- chest pain or leg pain
- shortness of breath
- Bone pain, muscle weakness, confusion or tiredness that might be due to high level of calcium in the blood.

Linadex may reduce the number of white blood cells that fight infection and also the blood cells which help the blood to clot (platelets) which may lead to bleeding disorders such as nosebleeds and bruising.

Linadex may also cause blood clots in the veins (thrombosis).

**Other side effects**

It is important to note that a small number of patients may develop additional types of cancer, and it is possible that this risk may be increased with Lenalidomide treatment, therefore your doctor should carefully evaluate the benefit and risk when you are prescribed Linadex.

**Very common** side effects (may affect more than 1 in 10 people):

- A fall in the number of red blood cells which may cause anemia leading to tiredness and weakness
- Constipation, diarrhoea, nausea, redness of skin, rashes, vomiting, muscle cramps, muscle aches, bone pain, joint pain, tiredness, generalised swelling including swelling of your arms and legs
- Fever and flu like symptoms including fever, muscle ache, headache, earache and chills
- Numbness, tingling or burning sensation to the skin, pains in hands or feet, dizziness, tremor, changes in the way things taste
- Chest pain spreading to the arms, neck, jaw, back or stomach, feeling sweaty and breathless, feeling sick or vomiting, which may be symptoms of a heart attack (myocardial infarction)
- Decreased appetite
- Low levels of potassium in the blood
- Leg pain (which could be a symptom of thrombosis), chest pain or shortness of breath (which may be a symptom of blood clots in the lungs, called pulmonary embolism)

- Infections of all types
- Infection of the lung and the upper respiratory tract, shortness of breath
- Blurred vision
- Clouding of your eye (cataract)
- Kidney problems
- Changes to a protein in the blood that can cause swelling of the arteries (vasculitis)
- Increases in your blood sugar level (diabetes)

- Headache
- Dry skin
- Stomach pain
- Mood change, difficulty sleeping

**Common** side effects (may affect up to 1 in 10 people):

- Infection of the sinuses that surround the nose
- Bleeding from the gums, stomach, or bowels
- Increase in pain, tumour size, redness around the tumour
- Increased blood pressure or a fall in blood pressure, slow, fast or irregular heart beat
- Darkening of your skin
- Skin eruptions, skin cracking, flaking or peeling skin
- Hives, itching, increased sweating, dehydration
- Sore inflamed mouth, dry mouth, difficulty swallowing

- Heartburn
- Production of much more or much less urine than usual (which may be a symptom of kidney failure), passing blood in the urine
- Shortness of breath especially when lying down (which may be a symptom of heart failure)
- Difficulty getting an erection
- Stroke, fainting
- Muscle weakness
- Joint swelling
- Changes to blood thyroid hormone, low levels of calcium, phosphate or magnesium in the blood
- Depression
- Deafness
- Abnormal liver test results

- Impaired balance, difficulty moving
- Ringing in the ears (tinnitus)
- An excess of iron in the body
- Thirst
- Confusion
- Toothache
- Weight loss

**Uncommon** side effects (may affect up to 1 in 100 people):

- Bleeding within the skull
- Circulatory problems
- Loss of vision
- Loss of sex drive (libido)
- Passing large amount of urine with bone pain and weakness, which may be symptoms of a kidney disorder (Fanconi syndrome)
- Yellow pigmentation to the skin, mucus membrane or eyes (jaundice), pale coloured stools, dark coloured urine, skin itch, rash, pain or swelling of the stomach—these may be symptoms of injury to the liver (hepatic failure).
- Stomach pain, bloating, or diarrhoea, which may be symptoms of inflammation in the large intestine (called colitis or caecitis)
- Damage to the cells of the kidney(called renal tubular necrosis)
- Changes to the colour of your skin, sensitivity to sunlight
- Certain types of skin tumour

- Tumour lysis syndrome - metabolic complications that can occur during treatment of cancer and sometimes even without treatment. These complications are caused by the break-down products of dying cancer cells and may include the following: changes to blood chemistry; high potassium, phosphorus, uric acid, and low calcium consequently leading to changes in kidney function, heart beat, seizures, and sometimes death.

- Increase in blood pressure within blood vessels that supply the lungs (pulmonary hypertension).

**Not known** (frequency cannot be estimated from the available data):

- Sudden, or mild but worsening pain in the upper stomach and/or back, which remains for a few days, possibly accompanied by nausea, vomiting, fever and a rapid pulse. These symptoms may be due to inflammation of the pancreas.
- Wheezing, shortness of breath or a dry cough, which may be symptoms caused by inflammation of the tissue in the lungs.
- Rare cases of muscle breakdown (muscle pain, weakness or swelling) which can lead to kidney problems (rhabdomyolysis) have been observed, some of them when Lenalidomide is administered with a statin (a type of cholesterol lowering medication).
- A condition affecting the skin caused by inflammation of small blood vessels, along with pain in the joints and fever (leukocytoclastic vasculitis).
- Breakdown of the wall of the stomach or gut. This may lead to very serious infection. Tell your doctor if you have severe stomach pain, fever, nausea, vomiting, blood in your stool, or changes in bowel habits.
- Viral infections, including herpes zoster (also known as 'shingles', a viral disease that causes a painful skin rash with blisters) and recurrence of hepatitis B infection (which can cause yellowing of the skin and eyes, dark brown-colored urine, right-sided stomach pain, fever and feeling nauseous or being sick).

- Rejection of solid organ transplant (such as kidney, heart).

**Reporting of side effects**

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet.

**5. HOW TO STORE LINADEx**

- Keep this medicine out of the sight and reach of children.
- Store below 30°C and Protect from moisture
- Do not use this medicine after the expiry date, which is stated on the blister and on the carton after “EXP”. The expiry date refers to the last day of that month.
- Do not use this medicine if you notice any damage or signs of tampering to the pack.
- Do not throw away any medicines via wastewater or household waste. All unused Linadex capsules should be returned to the pharmacist. These measures will help protect the environment.

**6. CONTENTS OF THE PACK AND OTHER INFORMATION**

**What Linadex contains**

Linadex 5 mg hard capsules:

Lenalidomide, Anhydrous lactose, Microcrystalline cellulose, Croscarmellose sodium, Magnesium stearate, Capsule shell (Titanium dioxide-E171, Gelatin, Water), Printing ink (Shellac-E904, Dehydrated alcohol-E1510, Isopropyl alcohol, Butyl alcohol, Propylene glycol-E1520, Strong ammonia solution-E527, Black iron oxide-E172, Potassium hydroxide-E525, Purified water).

Linadex 10 mg hard capsules:

Lenalidomide, Anhydrous lactose, Microcrystalline cellulose, Croscarmellose sodium, Magnesium stearate, Capsule shell (Titanium dioxide-E171, FD & C Yellow 6-E110, Gelatin, Water), Printing ink (Shellac-E904, Dehydrated alcohol E1510, Isopropyl alcohol, Butyl alcohol, Propylene glycol-E1520, Strong ammonia solution-E527, Black iron oxide-E172, Potassium hydroxide-E525, Purified water).

Linadex 15 mg hard capsules:

Lenalidomide, Anhydrous lactose, Microcrystalline cellulose, Croscarmellose sodium, Magnesium stearate, Capsule shell (Iron oxide red-E172, Titanium dioxide-E171, Gelatin, Water), Printing ink (Shellac-

E904, Dehydrated alcohol-E1510, Isopropyl alcohol, Butyl alcohol, Propylene glycol-E1520, Strong ammonia solution-E527, Black iron oxide-E172, Potassium hydroxide-E525, Purified water).

Linadex 25 mg hard capsules:

Lenalidomide, Anhydrous lactose, Microcrystalline cellulose, Croscarmellose sodium, Magnesium stearate, Capsule shell (Titanium dioxide-E171, Gelatin, Water), Printing ink (Shellac-E904, Dehydrated alcohol-E1510, Isopropyl alcohol, Butyl alcohol, Propylene glycol-E1520, Strong ammonia solution-E527, Black iron oxide-E172, Potassium hydroxide-E525, Purified water).

**Description of the dosage form:**

**Lenalidomide Capsules 5mg:**

White opaque cap and white opaque body, size '2' hard gelatin capsules imprinted with 'H' on cap and 'L2' on body, filled with off white to pale yellow color powder.

**Lenalidomide Capsules 10mg:**

Orange opaque cap and white opaque body, size '0' hard gelatin capsules imprinted with 'H' on cap and 'L4' on body, filled with off white to pale yellow color powder.

**Lenalidomide Capsules 15mg:**

Red opaque cap and white opaque body, size '0' hard gelatin capsules imprinted with 'H' on cap and 'L5' on body, filled with off white to pale yellow color powder.

**Lenalidomide Capsules 25mg:**

White opaque cap and white opaque body, size '0' hard gelatin capsules imprinted with 'H' on cap and 'L7' on body, filled with off white to pale yellow color powder.

**Manufactured by:**

**M/s. Hetero Labs Limited**

Unit V, Sy.No.439, 440, 441 & 458,  
TSIIC Formulation SEZ, Polepally village,  
Jadcherla Mandal, Mahaboobnagar Dist,  
Telangana, India