



**NEXPOVIO®** ▼ (selinexor)  
treatment for multiple  
myeloma in patients who  
have had a prior treatment:  
What you need to know

This patient information booklet has been developed and funded by Menarini Stemline UK. It is intended for patients who have been prescribed NEXPOVIO® (selinexor).

NEXPOVIO® (selinexor) is used:<sup>1</sup>

- together with two other medicines called bortezomib and dexamethasone in people who have received at least one other prior treatment

OR

- together with dexamethasone in patients who have received at least four previous types of myeloma treatment and whose disease cannot be controlled with prior medicines used to treat multiple myeloma

**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 the package leaflet. You can also report side effects directly via the Yellow Card Scheme at [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard). By reporting side effects, you can help provide more information on the safety of this medicine.

- ▼ This medicine is subject to additional monitoring. This will allow quick identification of new safety information. You can help by reporting any side effects you may get. See [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard) for how to report side effects.

**This guide has been designed to help you understand more about how your treatment works, and to give you some advice on how to manage your condition on a daily basis.**



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# Introduction

Your doctor has prescribed you NEXPOVIO® in combination with other medicines because you have **multiple myeloma**.<sup>1</sup>

This guide will help you to understand:



**What NEXPOVIO® is and how to take it**



**Common side effects from taking NEXPOVIO®**



**How to manage some common side effects**



**Other sources of help and support during your treatment**





If any of the words in this guide are new or difficult to understand, please check the list of definitions at the end of the guide. **Please remember that your healthcare team is here to help with any concerns or questions you have about your treatment.**



**If you experience any side effects, please talk to your doctor, pharmacist or nurse.** This includes side effects that are not listed in this booklet or the package leaflet.



## Reporting side effects

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. You can also report side effects directly via the Yellow Card Scheme at [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard). By reporting side effects, you can help provide more information on the safety of this medicine.

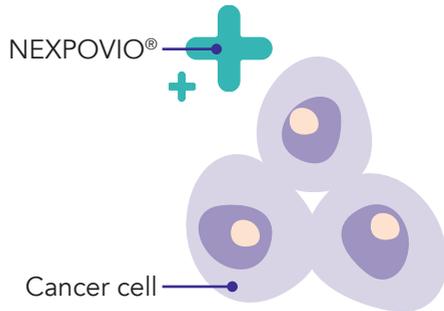
This medicine is subject to additional monitoring. This will allow quick identification of new safety information. You can help by reporting any side effects you may get via the website provided above.

# + What is NEXPOVIO®?

You have been prescribed NEXPOVIO® to treat multiple myeloma.<sup>1</sup>

1

NEXPOVIO® is a medicine that can slow down the growth of cancer cells



2

It does this by sticking to a protein called exportin 1 (XPO1), which helps cancer cells to grow and survive

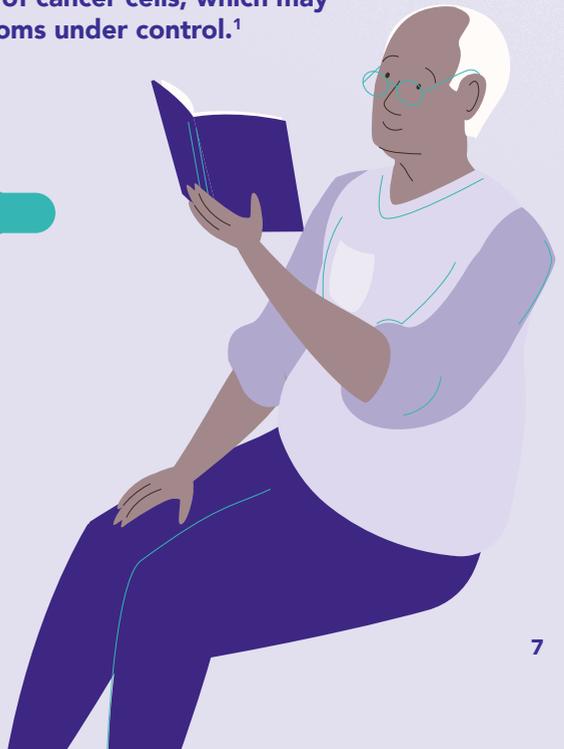


3

When NEXPOVIO® sticks to XPO1, it blocks it and causes cancer cells to die



**This reduces the number of cancer cells, which may help to keep your symptoms under control.<sup>1</sup>**





# How should I take NEXPOVIO®?

NEXPOVIO® is always given with other medicines such as bortezomib and dexamethasone, or dexamethasone alone. The combination you are given will depend on the treatments you've had before.

Your doctor will prescribe you an appropriate starting dose. However, **they may make changes to the dose and duration of the treatment** depending on how you respond to the treatment and whether you experience any side effects. **Please follow your doctor's specific instructions.**

OR

## NEXPOVIO® with **bortezomib** and **dexamethasone**<sup>1</sup>

If you are prescribed a starting dose of **100 mg weekly**, you will take:



**5 NEXPOVIO®  
tablets**

(20 mg each)

**Once a week**

## NEXPOVIO® with **dexamethasone**<sup>1</sup>

If you are prescribed a starting dose of **160 mg weekly**, you will take:



**4 NEXPOVIO®  
tablets**

(20 mg each)

On the **first** day  
of every week

**AND**



**4 NEXPOVIO®  
tablets**

(20 mg each)

On the **third** day  
of every week

**This is only recommended guidance as your doctor will prescribe you an appropriate dose. Please consult your doctor for specific instructions.**

**It is very important that you take NEXPOVIO® exactly as you have been told to by your healthcare team.**



You should take NEXPOVIO® at the same time on each day that it has been prescribed<sup>1</sup>



You should swallow the tablet whole with a glass of water, either with food or between meals<sup>1</sup>



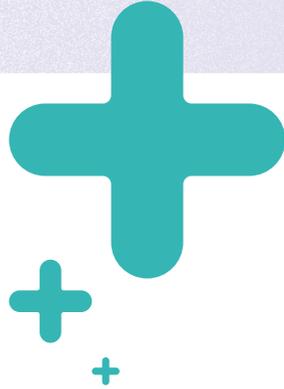
The tablets should not be crushed, chewed, broken or divided. This is to stop NEXPOVIO® from irritating your skin<sup>1</sup>

If you have any difficulties swallowing the tablets, please speak with your healthcare team.

**If you accidentally miss a dose or vomit after taking a dose, do not take an extra dose to compensate for it. Take the next dose on the next regularly scheduled day.<sup>1</sup>**



If you take more NEXPOVIO® than you should, please contact your healthcare team or the nearest hospital immediately. Try to remember to take the medicine pack with you.<sup>1</sup>



## Things to remember

There are a number of important things to remember when taking NEXPOVIO®:<sup>1</sup>



Do not take NEXPOVIO® if you are allergic to selinexor (the active ingredient in NEXPOVIO®) or any of the other ingredients listed in the package leaflet



Women who can become pregnant and male patients of reproductive potential should use effective contraception or abstain from sexual activity during treatment with NEXPOVIO® and for at least 1 week after the final dose



Do not use NEXPOVIO® if you are pregnant as it may harm the unborn child. If you become pregnant while being treated with NEXPOVIO®, immediately stop taking NEXPOVIO® and tell your doctor



Do not breastfeed during NEXPOVIO® treatment or 1 week after the final dose



Make sure you tell your healthcare team if you are taking, have recently taken or might take any other medicines, including those that do not need a prescription. This is because, sometimes, certain medicines can affect the way other medicines work



Continue to eat regularly and drink plenty of fluids throughout treatment



Do not drive or operate machinery if you feel dizzy or confused and avoid taking other medicines that might cause dizziness or confusion

**Please read** the package leaflet found inside your packet of NEXPOVIO® for more information.





# What side effects does NEXPOVIO® have?

Like all medicines, NEXPOVIO® can cause side effects, although not everyone gets them.<sup>1</sup>

Don't worry, your doctor will monitor your health and well-being closely while you are taking NEXPOVIO®. This will include regular weight checks and blood tests.<sup>1</sup>



Any side effects or changes in your health that you experience should be reported to your healthcare team straight away.

**Please do not stop taking or change the dose of NEXPOVIO® without speaking to your doctor first.<sup>1</sup>**

Talk to your doctor or pharmacist before taking NEXPOVIO® and during treatment if you:<sup>1</sup>

- **Have or have had bleeding problems**
- **Have had a recent infection or get an infection**
- **Have nausea, vomiting or diarrhoea**
- **Lose your appetite or lose weight**
- **Have confusion and dizziness**
- **Have a decrease in your blood sodium levels (hyponatraemia)**
- **Have a new or worsening cataract**



Below is a list of very common side effects (affecting more than 1 in 10 people) from taking NEXPOVIO® either together with bortezomib and dexamethasone, or with just dexamethasone alone. You may experience none, some or all of those listed.<sup>1</sup>

- |  |  |  |
|--|--|--|
|  Chest and/or airway infections*                      |  A cough <sup>†</sup>                                       |  Leukopenia (low white blood cell count) <sup>†</sup> |
|  Decreased appetite* <sup>†</sup>                     |  Nausea and/or vomiting* <sup>†</sup>                       |  Lymphopenia (low immune cell count) <sup>†</sup>     |
|  Weight loss* <sup>†</sup>                            |  Diarrhoea and/or constipation* <sup>†</sup>                |  Reduced sodium levels <sup>†</sup>                   |
|  Insomnia* <sup>†</sup>                               |  Fatigue and/or fever or loss of energy* <sup>†</sup>       |  Dehydration <sup>†</sup>                             |
|  Peripheral neuropathy*                               |  Fever <sup>†</sup>   |  Increased blood sugar levels <sup>†</sup>            |
|  Dizziness* <sup>†</sup>                              |  Physical weakness* <sup>†</sup>                            |  Decreased potassium levels <sup>†</sup>              |
|  Headaches* <sup>†</sup>                              |  Anaemia* <sup>†</sup>                                      |  Impaired sense of taste <sup>†</sup>                 |
|  Cataracts* and/or blurry vision* <sup>†</sup>        |  Neutropenia (low immune cell count)* <sup>†</sup>          |  Shortness of breath <sup>†</sup>                     |
|  Thrombocytopenia (low platelet count)* <sup>†</sup> |  Nasopharyngitis (viral infection of the nose and throat)* |  Bleeding from nose <sup>†</sup>                     |
|  Bronchitis*  |  Confusional state <sup>†</sup>                           |  Abdominal pain <sup>†</sup>                        |

\*These are side effects you may experience if you are prescribed NEXPOVIO® with bortezomib and dexamethasone.<sup>1</sup>

<sup>†</sup>These are side effects you may experience if you are prescribed NEXPOVIO® with just dexamethasone.<sup>1</sup>

A full list of side effects that may be associated with NEXPOVIO® treatment can be found inside the package leaflet.

**If you experience any side effects, including any that aren't mentioned in this booklet, it is important to speak to your healthcare team immediately.<sup>1</sup>**



# Advice on managing side effects

This guide includes advice on several of the side effects that you may be able to manage at home.

**Nausea, vomiting and/or diarrhoea**

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**Extreme tiredness (fatigue)**

**Page 17**

**Difficulty falling and staying asleep (insomnia)**

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**Decreased appetite and weight loss**

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**Changes in sensation in fingers and toes (peripheral neuropathy)**

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**Feeling confused**

**Page 21**

## Nausea, vomiting and/or diarrhoea

Nausea, vomiting and/or diarrhoea are very common side effects in people receiving treatment with NEXPOVIO®.<sup>1</sup>

Your doctor may give you medicine to help stop diarrhoea or stop you feeling and being sick while you are receiving NEXPOVIO®.<sup>1</sup>

### To help manage your symptoms try to:<sup>2-4</sup>



Drink fluids regularly and eat small but frequent portions of plain foods



Avoid spicy food and strong smells



**Nausea, vomiting and diarrhoea can cause you to become dehydrated, so it's important to drink plenty of fluids while receiving treatment with NEXPOVIO®. Please speak to your healthcare team if you experience these symptoms.<sup>1</sup>**



## Extreme tiredness (fatigue)

Fatigue is a feeling of extreme tiredness or exhaustion that doesn't go away. Fatigue is different to everyday tiredness and can be experienced at any time, without you doing anything to cause it.<sup>5</sup>

**The best way to manage fatigue is to make small changes in your daily routine to increase your energy levels, such as:<sup>5</sup>**



Trying some light exercise



Taking short naps or rest breaks



**Before starting any kind of exercise, it is important to speak to your healthcare team to get some advice on what would be best for you.**



## Difficulty falling and staying asleep (insomnia)

You may experience insomnia during your treatment with NEXPOVIO®.<sup>1</sup> Insomnia causes difficulty in falling and staying asleep, and can also include waking up too early.<sup>6</sup>

**One of the best ways to combat insomnia is to have a good sleeping environment and daily routine.<sup>6</sup>**

**To help manage insomnia, try:<sup>6</sup>**



Going to bed and getting up at the same time every day



Avoiding large meals or alcohol before bedtime



Reducing time with electronic devices at night



## Decreased appetite and weight loss

You may experience changes to your appetite when taking NEXPOVIO®.<sup>1</sup> Other factors that can make you feel less hungry include being in pain, feeling stressed, experiencing a low mood and having an upset stomach.<sup>7</sup>

### To manage a decreased appetite, you may want to try:<sup>4,7</sup>



Splitting your large meals into 6–8 smaller meals



Avoiding drinking a lot of fluid while eating because it will fill you up



Keeping high-calorie snacks on hand, for example, nut butters, dairy items and eggs



**Please reach out to your healthcare team for additional support, they may adjust your treatment or advise you on your diet.<sup>1</sup>**

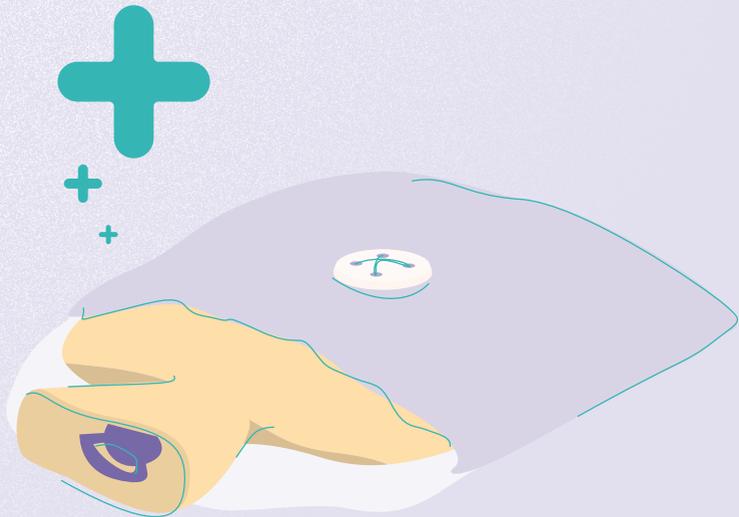
## Changes in sensation in fingers and toes (peripheral neuropathy)

Changes in sensation in fingers and toes can be a symptom of multiple myeloma and a common side effect of its treatments.<sup>1,8</sup> Peripheral neuropathy might feel like numbness, tingling, burning or pain.<sup>8</sup>

**You may experience changes in the way you feel pain and things that are hot and cold.<sup>8</sup> Be careful when getting into hot baths or showers, and take care of your hands and feet.<sup>8</sup>**



**Please speak with your healthcare team to help you manage peripheral neuropathy.**



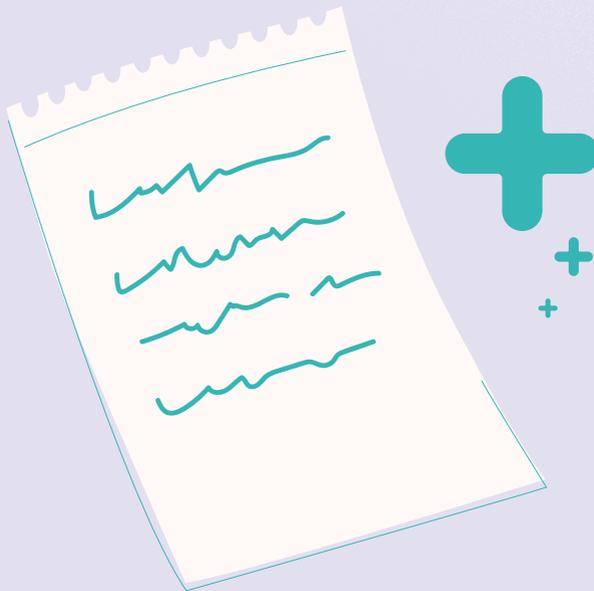
## Feeling confused

Feeling more confused than normal and experiencing difficulties with concentration and memory are common side effects of NEXPOVIO® treatment.<sup>1</sup>



**If you suddenly become very confused without warning, you should contact your healthcare team straight away.**

- x** Do not drive or operate machines if you feel dizzy, tired or confused<sup>1</sup>
- x** Do not take any other medicines that may cause dizziness or confusion without speaking to your healthcare team first<sup>1</sup>





# Additional support

Living with multiple myeloma may sometimes feel like you are on an emotional rollercoaster. However, there is support available to help you and your family.

If you feel that you need additional support during your treatment, there are a number of patient organisations you could talk to.

Examples of these organisations include:

Myeloma Patients Europe: [www.mpeurope.org](http://www.mpeurope.org)

Macmillan Cancer Support: [www.macmillan.org.uk](http://www.macmillan.org.uk)

Myeloma UK: [www.myeloma.org.uk](http://www.myeloma.org.uk)

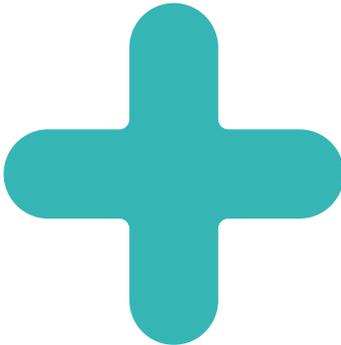
Blood Cancer UK: [www.bloodcancer.org.uk](http://www.bloodcancer.org.uk)

## **In addition, many local communities run their own groups offering informal support to people with cancer and their family or caregivers.**

Attending patient organisations or local support groups may help you through your treatment. They can provide a safe and comfortable space to share your feelings with others who know what you are going through. They can also be a good source of information.



If you would like additional advice about how to join a group, please get in touch with your healthcare team.



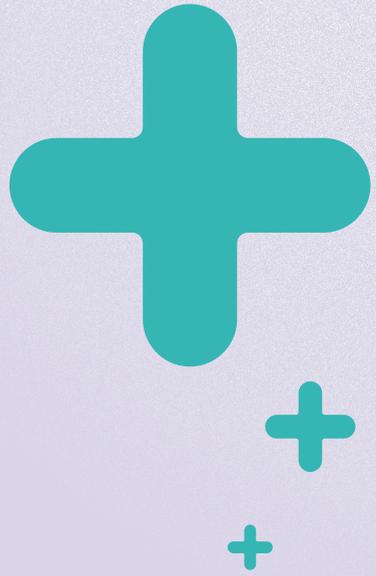
# Definitions

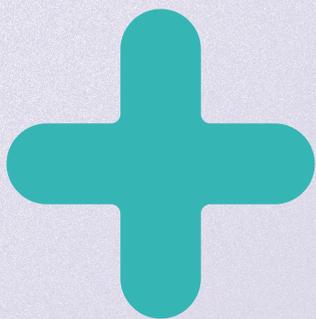
<b>Bone marrow</b>	The soft, spongy centre of bones, which makes your blood and immune cells. <sup>9</sup>
<b>Bortezomib</b>	A type of cancer treatment used to treat multiple myeloma. <sup>1</sup>
<b>Dexamethasone</b>	A type of medicine used to improve the effect of the cancer treatment on multiple myeloma. <sup>1</sup>
<b>Diarrhoea</b>	The passing of watery or loose stools more than three times in a day. <sup>3</sup>
<b>Fatigue</b>	A feeling of extreme tiredness or exhaustion that doesn't go away. <sup>5</sup>
<b>Healthcare team</b>	The people who are responsible for your healthcare. Your healthcare team includes haematologists, oncologists, nurses, pharmacists and general practitioners/family doctors. <sup>10</sup>
<b>Insomnia</b>	Difficulty falling and staying asleep. <sup>6</sup>
<b>Multiple myeloma</b>	Myeloma is a type of cancer that starts in the bone marrow, leading to the production of faulty blood cells. Myeloma can affect several different bones in the body – for example, the pelvis, spine, skull and ribs, which is why it's called multiple myeloma. <sup>9</sup>

<b>Neutropenia</b>	Neutropenia is a reduced level of white blood cells known as neutrophils in the blood. It can result in an increased risk of infections. <sup>11</sup>
<b>NEXPOVIO®</b>	A type of medicine used to treat multiple myeloma. <sup>1</sup>
<b>Peripheral neuropathy</b>	Damage to the nerves in the hands, arms, feet and toes that can cause pain, numbness or weakness. <sup>8</sup>
<b>Side effect</b>	An unwanted or unexpected effect caused by your treatment, for example, feeling sick.
<b>Thrombocytopenia</b>	Thrombocytopenia is a reduced level of platelets in the blood. Because platelets are necessary to stop bleeding and form blood clots, a lack of platelets may cause bleeding or bruising. <sup>12</sup>
<b>XPO1</b>	The part of a cell involved in transporting proteins inside cells. When this process becomes faulty, it can lead to cancer. <sup>1</sup>

## References:

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