

Oral Chemotherapy Regimen Information
Lenalidomide, Dexamethasone
For Multiple Myeloma

Reference: Rajkumar SV, et al. Lancet Oncol. 2010 11(1); 29-37

Patient details

Height	cm
Weight	kg
Body Surface Area	m ²

Treatment cycle frequency: 28 days

Intended No of Cycles:

Medication	Route	Starting Dose	Frequency
Dexamethasone 40mg	PO		Once a week
Lenalidomide 25mg	PO		Daily on days 1 – 21 of treatment cycle

Starting dose modified Reason: _____

Supportive Care (delete any not applicable)

Antiemetics:

- Domperidone 10mg FOUR times a day as required
- _____
- _____

Thromboprophylaxis:

- Aspirin EC 100mg daily OR
- Warfarin as per INR (Target INR 2 – 2.5) OR
- Enoxaparin 40mg subcutaneously daily
- _____

Antimicrobial Prophylaxis:

- Aciclovir 400mg twice daily
- _____
- _____

Clinician: _____

Date: _____

Further general information for health professionals is available via the HealthPathways website.

NOTE: This information leaflet is not a prescription. It aims to communicate the starting point of treatment. Future doses or duration of treatment may be altered to account for toxicity. Please contact the clinician name on this document if you have any concerns.