

Selinexor At-A-Glance: Supportive Care Guidelines in r/r Multiple Myeloma

Table 1

Recommended Starting Dosage	First Reduction	Second Reduction	Third Reduction	
80 mg Days 1 and 3 of each week (160 mg total per week)	100 mg once weekly	80 mg once weekly	60 mg once weekly	DISCONTINUE

Monitor CBC and standard electrolyte / chemistry; monitor more frequently during first three months of treatment

THROMBOCYTOPENIA

Platelet Transfusions ▶ per institutional guidelines

Thrombopoietin (TPO) Agonists^{1,3,4}:

- Romiplostim² ▶ **5 - 10** µg/kg SQ QW
- Eltrombopag ▶ **100 - 150** mg PO QD

WEIGHT-LOSS / ANOREXIA

Olanzapine⁵ ▶ 2.5 - 5.0 mg (low dose) PO QHS

Megestrol acetate ▶ 400 mg PO QD

Continue until weight is within 5 pounds of goal weight

NAUSEA & VOMITING³

5-HT3 Antagonist ▶ Ondansetron **8 mg** PO or equivalent Q8 hours before selinexor and for 2 days following

Olanzapine ▶ **2.5 - 5.0** mg PO QHS starting C1D1 or

NK1R Antagonists*:

- Rolapitant ▶ **180 mg** PO within two hours prior to each dose
- Aprepitant ▶ **125 mg** PO d1, **80 mg** PO d2, 3

FATIGUE

Methylphenidate^{3,4} ▶ **5 - 10 mg** PO QAM

Dexamethasone ▶ supportive care dose

1. Data on File. 2. Soff, GA., et al., Romiplostim Treatment of Chemotherapy Induced Thrombocytopenia, JClin Oncol. 2019; 37:2892-2898 3. Gavariatopoulou, M., et al., Integrated Safety Profile of Selinexor in Multiple Myeloma: Experience from 437 Patients Enrolled in Clinical Trials, Leukemia. 2020; 10.1038: s41375. 4. Mikhael, J., et al., Consensus Recommendations for the Clinical Management of Patients With Multiple Myeloma Treated With Selinexor. Clinical Lymphoma, Myeloma & Leukemia 2020; 10.1016. Ruiz Garcia V, et al. 5. Okamoto, H, et al. Low dose of olanzapine has ameliorating effects on cancer-related anorexia. Cancer Manag Res. 2019; 11: 2233-2239. *As per package insert prescribing information