



## WHAT IS ZEJULA® NIRAPARIB ?

- Cancer drug used in the treatment of some types of ovary, Fallopian tube or peritoneal cancers
- Prescribed and renewed by your hospital doctor specialized in oncology.
- Available in city pharmacies on presentation of your prescription.



Capsules dosed at **100 mg**; white body bearing “100 mg” and purple head bearing “Niraparib”




- Store at a temperature not over 30°C, out of sight and reach of children.
- Do not get the capsules out of their box to put them in a pill-box.
- Wash your hands carefully before and after each handling of the capsules.
- Do not throw away the opened boxes, please bring them back to your pharmacist.

## HOW TO TAKE THIS MEDICINE?



To be filled with the help of healthcare\*\*

Informed by  
...../...../.....  
with  
.....

|                     |   |  |
|---------------------|---|--|
| <b>Dose per day</b> | ..... mg =  | ..... capsule(s)   |
| <b>When ?</b>       | .....h.....   | <b>1 take per day at a fixed hour,</b><br>during or away from meals (preferably at bedding time in case of nausea)   |
| <b>Why ?</b>        |  | Swallow the capsule whole, with water, one after the other, every day at the same moment of the day.<br>Do not open, break, cut, crush or chew the capsules. |

You can help yourself with the **tracking book** and a **calendar** to spot the takes.  
Never stop or change the rhythm of administration of your treatment without your doctor's advice.  
\*\* This file is not a prescription, refer to your latest prescription.

## WHAT TO DO IN CASE OF MISSING OR VOMITING?



- **In case of missing**, do not take the missed dose, nor any double dose. Please note it in your tracking book\*.
- **In case of vomiting**, do not take a new dose. Just take the next dose as planned the following day. Please note it in your tracking book.

## INTERACTIONS WITH OTHER MEDICINES AND/OR FOOD



Check with your **doctor or pharmacist** that the medicines (with or without prescription) and/or other substances (food, plants, probiotics, essential oils, food supplements...) that you are taking are compatible with your treatment. Some interactions may have an effect on the efficiency of your treatment or the outcome of side effects.











Ladies in a procreating age must use an efficient contraceptive method during the whole treatment, and for one month after the last take.

\*Tracking book available on sites [www.omeditbretagne.fr](http://www.omeditbretagne.fr) or [www.omedit-paysdelaloire.fr](http://www.omedit-paysdelaloire.fr)

## WHAT SIDE EFFECTS MAY OCCUR WITH ZEJULA® NIRAPARIB ?

Like all medicines, NIRAPARIB may bring about some side effects, although you may not experience any.

|   | Side effects  | Prevention   |
|---|---|--|
|    | Signs of infection (fever, shivers, cough, throat aches, urinary burns) | Limit contacts with people having a contagious infection. Wash your hands frequently. Disinfect any wound carefully. If you have a fever over 38°C, inform your doctor.  |
|    | Fatigue, dizziness, sleep trouble                                       | Favor healthy food and remember to hydrate well. Respect moments of rest during the day, while remaining active, even moderately. Be prudent if you have to drive.   |
|    | Unusual bleedings, bruises  | Use a soft toothbrush to avoid mouth bleedings. Avoid using a rectal thermometer. Do not take aspirin nor ibuprofen without medical advice. In case of nose bleeding, tilt your head slightly forward while pressing your nostrils.  |
|    | Headaches, joint and muscle pains                                       | Take moments of rest and make light exercise (walking). Avoid repetitive movements and strenuous physical effort. In case of important pains. Contact your doctor to set up a symptomatic treatment.   |
|    | Cardiac symptoms: High blood pressure, irregular heartbeat              | Keep a regular watch over your heart (electrocardiogram; biological tests : potassium, calcium, magnesium...) and of your blood pressure (self-measuring at home) . Limit your consumption of salt and alcohol. Inform your doctor as soon as these signs occur.   |
|    | Nauseas, vomiting, loss of appetite                                     | Eat slowly and make several small light meals. Avoid greasy, fried and spicy food. Rather drink between meals.   |
|   | Diarrheas   | Do not forget to hydrate well : at least 2 litres of water a day. Favor food that is low in fibers (starchy food, carrots, bananas...). Avoid some food that may increase intestinal transit (coffee, frozen drinks, dairy, alcohol, raw fruit and vegetables, cereals, fat food, spices) . Keep a regular watch over your weight. |
|  | Constipation  | Do not forget to hydrate well : at least 2 litres of water a day. Favor food that is rich in fibers (green vegetables, fruit and dry fruit). Keep a regular watch over your weight.  |

Only some of the most frequent side effects are listed above. For further information refer to your packaging leaflet or ask your doctor or pharmacist for advice.



You can also ask your question to your center for side effects monitoring or notify any side effect on the site : [signalement-sante.gouv.fr](http://signalement-sante.gouv.fr)



In all cases, do not forget to make the biological tests prescribed by your doctor.

## WHAT TO DO IN CASE OF SIDE EFFECTS?

- Take the medication prescribed for side effects in accordance with the doses
- Inform your doctor at the first persisting signs.
- Respect the measures of prevention

**Promptly contact your doctor** in case of :

- Signs of infection (fever, cough, shivers, breathing trouble, urinary trouble)
- Cardiac symptoms (palpitations, fast heart beats)
- Any persisting or worsening side effect.



**Useful contacts :**

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**Remarks :**

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