







WHAT IS LYNPARZA® OLAPARIB ?

- Targeted therapy used in the treatment of some breast , ovary, Fallopian tube, perineal, pancreas or prostate cancers.
- Prescribed and renewed by your hospital doctor specialized in cancerology and medical oncology.
- Available in city pharmacies and hospital pharmacy on presentation of your prescription.


Two different measurings are available in oval or biconvex **tablets** bearing « « OP 100 » on one side and nothing on the other side :

- **100 mg** : yellow / dark yellow
- **150 mg** : green / greyish green



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

HOW TO TAKE THIS MEDICINE?

When ?h..... eth.....	= 2 takes a day at fixed hour during or away from meals
How ?	 Swallow the tablets with water, every day at the same moment of the day. Do not chew, nor cut, crush or dissolve the tablets.	

You can help yourself with **your 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. The next dose will be taken at the usual hour, without doubling it. Remember to note it in your tracking book*.
- **In case of vomiting**, do not take a new dose. The next dose will be taken at the usual time, without doubling it. Remember to note it in your tracking book*.

INTERACTIONS WITH OTHER MEDICINES AND/OR FOOD



Check with your **doctor and your pharmacist** that the medicines (with or without prescription) and/or other substances (food, plants, **among which grapefruit and St John's Wort**, probiotics, essential oils, food supplements...) and by-products that you are using are **compatible with your treatment**. The molecules they contain, their measuring and consuming frequency may interact with your treatment and condition its efficiency.








- Women under treatment must use efficient contraceptive methods (condoms and one other means) during the whole treatment and **up to 1 month after the last take**.
- Men under treatment must use condoms during the whole treatment and **up to 3 months after the last take**.
- Stop breast feeding during the treatment and **up to 1 month after the last take**.

*Tracking book available on the sites www.omeditbretagne.fr or www.omedit-paysdelaloire.fr

WHAT SIDE EFFECTS MAY OCCUR WITH LYNPARZA® OLAPARIB ?

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

Side effects	Prevention
 Headaches, fatigue	Favor eating a healthy food at regular hours. Limit using psychostimulants such as coffee, tobacco and alcohol. Respect moments of rest during the day, while remaining active even moderately. Got to bed at regular hours and sleep enough at night. Be prudent if you have to drive.
 Digestive effects : diarrheas, nauseas, vomiting, Loss of appetite	Do Remember to hydrate well (2litres of water a day) ; rather drink between meals. Watch over your weight. In case of diarrhea , favor food that is poor in fibers (starchy food, carrots, bananas...). Avoid some food that may speed up your intestinal transit (dairy, raw fruit and vegetables, cereals, fat food, spices). Add salt to your food. In case of nauseas/vomiting , make several small light meals and eat slowly. Avoid greasy, fried and spicy food, and those whose smell may trigger nauseas. Avoid staying on an empty stomach as this increases nauseas. In case of vomiting, use the antiemetic medicines you have been prescribed
 Mouth inflammation	Use a soft toothbrush and a menthol-free toothpaste without additive. Hydrate your lips (ask your pharmacist for advice, especially if you have an oxygenotherapy treatment) and stimulate your saliva (ice cubes, sorbets). Favor blended food and liquids. Avoid alcohol, tobacco, coffee, and acid, salted, spicy, irritating and crushy food. Use antalgic medicines and make mouthwashing as you have been prescribed.
 Anemia, neutropenia, leukopenia, thrombocytopenia	- Anemia : contact your doctor in case of paleness, short breath during effort or even at rest, persisting fatigue, palpitations, dizziness, headaches - Leukopenia/neutropenia : contact your doctor in case of a temperature over 38°C, cough, painful breathing or shortness of breath, pain when urinating or smelly urines, change in the nature or frequency of motions (diarrheas, constipation), or in case of redness, pain or seeping around the central catheter, the feeding tube or the urinary catheter - Thrombopenia : contact your doctor in case of small red dots on your skin, bruises, nose bleedings, small eye or gum hemorraeges, presence of blood in urines and motions.
 Difficulty breathing (cough, shortness of breath)	Make abdominal breathing exercises and relaxation exercises (sophrology, yoga, tai-chi). Spare yourself by planning your everyday activities. Avoid factors which may trigger shortness of breath (tobacco, perfume, animal hair...). Contact your doctor in case of persisting symptoms, pain in the chest, or fever.

Only some of the most frequent side effects mentioned above. For further information, please refer to your medicine leaflet or ask your doctor or pharmacist for advice.

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



In all cases, remember to make the biological tests prescribed by your doctor.

WHAT TO DO IN CASE OF SIDE EFFECT(S) ?

- Take the medication prescribed for side effects in accordance with the doses.
- Respect measures of prevention.

Promptly contact your doctor in case of :

- Signs of infection (fever, shivers, cough, urinary burns)
- Bruises or bleedings
- Shortness of breath or wheezing, paleness, or fast heart beats
- Any persisting or worsening side effects.



Useful contacts :

Remarks :
