







WHAT IS ZEJULA® NIRAPARIB ?


- A targeted therapy 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.

There are 2 presentations in boxes of 56 or 84 :

- Capsule dosed at **100 mg** ; white body bearing « 100 mg » and purple head bearing Niraparib »
- Tablet , grey, film-coated, dosed at **100 mg** bearing « 100 mg » on one side and « Zejula » on the other side

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

HOW TO TAKE THIS MEDICINE ?


When ?	h..... 1 take per day at a fixed hour (preferably at bedtime if nausea), during or away from meal for capsules or away from meal (at least 1 hour before or 2 hours after a meal) for tablets (preferably at bedding time in case of nauseas)
Why ?	Swallow the capsule or tablet whole, with water, one after the other, every day at the same moment of the day. 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 and your pharmacist** that the medicines (with or without prescription) and/or other substances (food and plants, among which **grapefruit, and St John's Wort**, probiotics, essential oils, food supplements...) and other by-products that you are taking, are **compatible with your treatment**. The molecules they contain, their measuring and consuming frequency may interact with your treatment and have an impact on its efficiency.

-  • You and your partner must use efficient contraceptive methods (condoms and one other means) during the whole treatment and **up to 1 month after the last take**.
- Stop breast feeding during the treatment and **up to 1 month after the last take**.

*Tracking book available on sites www.omeditbretagne.fr or 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, sore throat, cough, urinary burns)	Limit your contacts with people having a contagious infection. Wash your hands regularly. Disinfect any injury carefully. Contact your doctor in case of a temperature >38°C, cough, breathlessness/ painful breathing, pain when urinating or smelly urines, change in the nature or frequency of motions (diarrhea, constipation) or in case of redness, pain or oozing around the central catheter, the parenteral feeding tube or the urinary catheter.
	Fatigue, headache	Favor healthy feeding, at regular times. Limit the use of psychostimulants such as coffee, tobacco and alcohol. Respect moments of rest during the day while remaining active, even moderately. Go to bed at a regular hour. Be prudent if you have to drive.
	Unusual bleedings, bruises	Use a soft toothbrush ; avoid using a rectal thermometer. Do not take aspirin nor anti-inflammatory (eg ibuprofen) nor phytotherapy products (which may induce bleedings) without medical advice ; ask for advice from a health care professional. In case of bruises, apply a cold object (cold bag or ice bag), or even an adapted cream or gel (based on arnica for example), provided the skin is not injured.
	Pains in joints and muscles	Take regular and adapted physical exercise (walking, swimming) ; remember to warm up before. Help yourself with a stick in order to relieve your joints. Avoid repetitive gestures and strenuous physical effort. Remember to hydrate well before , during and after effort.
	Skin eruptions, Photosensitiveness	Use a gel or a hypoallergenic soap-free bar. Avoid hot water. Dab your skin dry. Apply a hydrating agent (cream or milk). Avoid exposure to the sun, especially between 12 and 4 pm. Wear protecting clothes, even under a parasol (UVA reflection) . Use a sun screen > 50, to be applied 30 minutes before exposure and renewed every 2 hours.
	High blood pressure	Headaches, dizziness, ear ringing are the first alarming signs of a high blood pressure. Measure your blood pressure (at rest, in a sitting position, in the morning before breakfast and in the evening before going to bed ; make a measure 3 times in succession at 2 minutes'intervals) ; note down these figures. Take regular and adapted exercise (30 minutes 3 times a week). Limit your consumption of salt (maximum 6 gr / day) and alcohol. Favor food that is poor in saturated fat (animal fat) and rich in fibers.
	Digestive effects : constipation or diarrhea, abdominal pains, nausea, 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 constipation , favor food that is rich in fibers (bran, cereals, wholemeal bread, green vegetables, fruit and dried fruit) and take regular physical exercise. 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 nausea/vomiting, make several small light meals and eat slowly. Avoid greasy, fried and spicy food, and those whose smell may trigger nausea. Avoid staying on an empty stomach as this increases nausea. In case of vomiting , use the antiemetic medicines you have been prescribed.

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

 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
- Respect the measures of prevention

Useful contacts :

Remarks :

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.

