



WHAT IS LYNPARZA® OLAPARIB?

- A targeted therapy used to treat some ovarian, Fallopian tube, peritoneal, breast, pancreatic and prostate cancers.
- Prescribed and renewed by your hospital-based oncologist or cancer specialist.
- Available from community pharmacies/hospital pharmacies on presentation of your prescription.




- Film-coated oval biconvex tablet, dosed at:
 - **100 mg**: yellow to dark yellow with "OP100" on one side
 - **150 mg**: green to greyish-green with "OP150" on one side



- Do not store above 30°C, and keep out of the sight and reach of children.
- Do not take the tablets out of the blister pack to put them in a pillbox.
- Wash your hands carefully before and after handling the tablets.
- Do not throw away opened packs, please return them to your pharmacist.

HOW TO TAKE THIS MEDICINE

When? and	= 2 doses per day at a set time with or without a meal
How?		Swallow the tablets with water at the same time every day. Do not chew, cut, crush or dissolve them.

You can use your **medical diary*** and a **calendar** to note doses.

Do not stop taking or change how you take your treatment without consulting your doctor.

This leaflet is not a prescription, please refer to your most recent prescription.

IF YOU FORGET TO TAKE YOUR MEDICINE OR VOMIT



- **If you forget to take your medicine**, do not take the missed dose. Take your next dose at the usual time, do not take a double dose. Keep a record in your medical diary*.
- **If you throw up**, do not take another dose. Take your next dose at the usual time, do not take a double dose. Keep a record in your medical diary*.

INTERACTION WITH OTHER MEDICINES AND OTHER INTERACTIONS



Check with **your doctor or pharmacist** that the medicines (prescribed or over-the-counter), other substances (foods, spices and plants, including **grapefruit** and **St. John's Wort**, probiotics, essential oils, food supplements, etc.) and derivative products you use are **compatible with your treatment**. The molecules they contain, their dose and how often they are taken can interact with your treatment and affect its effectiveness.









- If you are a woman of child-bearing age, you must use effective methods of contraception (condoms and another method) throughout treatment **and for 6 months after the last dose**.
- If you are a man, you must use an effective method of contraception (condom) if you have sex with a woman throughout treatment **and for 3 months after the last dose**.
- Stop breastfeeding during treatment **and for 1 month after the last dose**.

* Patient diary available (in French) at www.omedit-fiches-cancer.fr

WHAT SIDE EFFECTS CAN OCCUR WITH LYNPARZA® OLAPARIB?

Like all medicines, olaparib may cause side effects, although not everybody gets them.

Side effects	Prevention
 Headache	Remember to hydrate! Eat at regular intervals, do not skip meals. Avoid tobacco and alcohol (headache triggers). Avoid going to bed and getting up late; get sufficient sleep at night.
 Digestive effects: diarrhoea, nausea, vomiting, loss of appetite, abdominal pain	Monitor your weight and remember to hydrate (1.5 to 2 L water per day). In case of diarrhoea , eat foods low in fibre (carbohydrates, carrots, bananas etc.). Avoid foods that can stimulate digestion (dairy products, raw fruit/vegetables, grains, fatty foods, spices). In case of nausea/vomiting , divide your meals into several small meals and eat slowly. Avoid fatty, fried or spicy foods, and foods that smell strongly. Avoid having an empty stomach (can worsen nausea). Drink between, rather than with, meals. Use your prescribed antiemetics if applicable.
 Inflamed mouth	Use a soft toothbrush and menthol-free, additive-free toothpaste. Keep your lips hydrated (ask your pharmacist for advice, particularly if you are receiving oxygen therapy. Stimulate saliva production (ice cubes, sorbets). Prefer liquids and blended foods. Avoid alcohol, tobacco, coffee and acidic, salty, irritating, spicy and crunchy foods. Use pain medication. Use your prescribed mouthwash (not mouthwash containing alcohol).
 Low red blood cells, white blood cells and platelets	Low red blood cells: contact your doctor in case of paleness, shortness of breath on exertion or when resting, persistent tiredness, palpitations, dizziness or headaches. Low white blood cells: contact your doctor in case of temperature > 38°C, chills, sweating, cough, shortness of breath/pain when breathing, a burning sensation when urinating, diarrhoea accompanied by fever or any other signs suggesting infection. Low platelets: contact your doctor in case of small red dots on your skin, bruising, nosebleeds, bleeding eyes or gums, or blood in your urine or faeces.
 Difficulty breathing (cough, shortness of breath)	Practice abdominal breathing and relaxation techniques (sophrology, yoga, tai chi). Do not overexert yourself; plan your daily activities accordingly. Avoid triggers for shortness of breath (tobacco, perfume, animal fur etc.). Contact your doctor if symptoms persist or you experience chest pain or fever.
 Tiredness	Eat a balanced diet. Avoid using psychostimulants (e.g. coffee, tobacco, alcohol). Take care when driving. Rest during the day, while maintaining up to moderate levels of activity. Go to bed at a regular time and get sufficient sleep at night.

Only the most common side effects are listed here. For more information, read the Patient Leaflet included with your medicine or ask your doctor or pharmacist.
You can also ask your [Regional Pharmacovigilance Centre](#) and report any side effects online: [signalement-sante-gouv-fr](#)



Remember to go for the lab tests prescribed by your doctor.

WHAT TO DO IF YOU EXPERIENCE SIDE EFFECTS

- Take the medicine prescribed to counteract the side effects, as prescribed.
- Follow the preventive measures.

Contact your doctor rapidly in case of:

- Signs of infection (fever, cough, chills, burning sensation when urinating, etc.)
- Bruising or bleeding
- Shortness of breath, cough, wheezing, tiredness, paleness or rapid heartbeat
- Any persistent or worsening side effect



Useful contacts:

Note: