Olaparib

Care Team Contact Information: _____

Pharmacy Contact Information: _____

Diagnosis: _____

- This treatment is often used for certain types of ovarian, fallopian tube, primary peritoneal, pancreatic, breast, and prostate cancer.
- It may also be used for other reasons.
- Your care team may perform a test for a specific type of abnormal gene to make sure olaparib is right for you.

Goal of Treatment: _____

- Treatment may continue for a certain time period, until it no longer works, or until side effects are no longer controlled.

Treatment Regimen

Treatment Name	How the Treatment Works	How the Treatment is Given
Olaparib (oh-LA-puh-rib) Lynparza (lin-PAR-zuh):	Slows down or stops the growth of cancer cells by blocking a specific protein that helps them survive.	Tablet(s) taken by mouth.

Treatment Administration and Schedule

Your olaparib dosing instructions:

_____

_____

_____

- Olaparib comes in 2 tablet strengths: 100 mg and 150 mg. Your care team will tell you which tablets to take.
- Your dose might differ, but olaparib is typically taken as two 150 mg tablets (300 mg total dose) by mouth twice daily.
- Take olaparib by mouth 2 times a day with or without food, around the same times each day.
- Each dose should be taken about 12 hours apart.
- Swallow olaparib tablets whole. Do not chew, crush, dissolve, or divide the tablets.
- If you are taking olaparib for early breast cancer and you have hormone receptor-positive (HR-positive) disease, you should continue to take hormonal therapy during your treatment with olaparib.
- If you are taking olaparib for prostate cancer and you are receiving gonadotropin-releasing hormone (GnRH) analog therapy, you should continue with this treatment during your treatment with olaparib unless you have had a surgery to remove both of your testicles (surgical castration) to lower the amount of testosterone in your body.

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Treatment Administration and Schedule Continued

- Do not change your dose or stop taking olaparib unless your care team tells you to.
- Your care team may tell you to change your dose, temporarily stop, or completely stop taking olaparib if you develop certain side effects.
- If you miss a dose of olaparib, take your next dose at your usual scheduled time. Do not take an extra dose to make up for a missed dose.
- If you take too much olaparib, call your care team or go to the nearest hospital emergency room right away.
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Storage and Handling of Olaparib

- Store olaparib at room temperature, between 68°F and 77°F (20°C and 25°C).
- Store olaparib in the original bottle to protect it from moisture.
- People who are or may be pregnant should wear gloves when handling olaparib.
- Keep olaparib and all medicines out of the reach of children and pets.
- Ask your care team how to safely throw away any unused olaparib.

Appointments

Appointments may include regular check-ups with your care team, lab visits, and imaging tests. It's important to keep your appointments whenever you can. If you miss any appointments, call your care provider as soon as possible to reschedule your appointment.

Supportive Care to Prevent and Treat Side Effects

Description	Supportive Care Taken at Home
To help prevent or treat nausea and vomiting	
Other	

Common Side Effects

Side Effect	Important Information
Low White Blood Cell (WBC) Count (Neutropenia) and Increased Risk of Infection	Description: WBCs help protect your body from infections. A low WBC count increases your risk of getting infections. Recommendations: • Wash your hands often and bathe regularly. • Avoid crowded places and close contact with people who are sick. • Follow food safety and wound care advice from your care team. • Your care team may prescribe medicine to help your WBCs recover. Talk to your care team if you have: • Fever of 100.4°F (38°C) or higher • Chills • New or worsening cough or sore throat • Painful urination or signs of a urinary infection • Feeling much more tired than usual • Red, swollen, warm, or painful areas on the skin (possible skin infection)
Low Platelet Count (Thrombocytopenia)	Description: Platelets help your blood clot and wounds heal. A low platelet count increases your risk of bruising and bleeding. Recommendations: • Blow your nose gently and avoid picking it. • Brush your teeth gently with a soft toothbrush and keep good oral hygiene. • Use an electric razor for shaving and a nail file instead of nail clippers. • Avoid over-the-counter medicines that can increase bleeding risk (for example, nonsteroidal anti-inflammatory drugs (NSAIDs) like ibuprofen). • Talk with your care team or dentist before medical or dental procedures — you may need to pause treatment. Talk to your care team if you have: • A nosebleed lasting more than 5 minutes despite pressure • A cut that continues to bleed • Heavy gum bleeding when brushing or flossing • Sudden or severe headache • Blood in your urine or stool • Blood in your spit after coughing
Low Red Blood Cell (RBC) Count and Hemoglobin (Hgb) (Anemia)	Description: RBCs and Hgb carry oxygen to your body's tissues and remove carbon dioxide. Low RBC or Hgb (anemia) can make you feel weak, very tired, or look pale. Recommendations: • Aim for 7 to 8 hours of sleep each night. • Do not drive, operate heavy machinery, or do other dangerous activities if you are very tired. • Balance activity and rest — stay as active as you can, but rest when needed. • Eat a balanced diet and follow any nutrition or supplement advice from your care team. Talk to your care team if you have: • Shortness of breath • Dizziness or fainting • Fast or irregular heartbeats • Sudden or severe headache

Fatigue	Description: Fatigue is a constant and sometimes strong feeling of tiredness. Recommendations: • Routine exercise can help reduce fatigue. Talk with your care team to find the right type and amount of activity for you. • Ask family and friends for help with daily tasks and for emotional support. • Try healthy ways to feel better, such as meditation, journaling, yoga, or guided imagery, to reduce anxiety and improve well-being. • Aim for 7 to 8 hours of sleep each night. Limit daytime naps to help you sleep better at night. • Do not drive, operate heavy machinery, or do other potentially dangerous activities if you are very tired. Talk to your care team if you have: • Tiredness that affects your daily life or prevents you from doing normal activities • Tiredness that does not get better with rest • Dizziness or weakness along with severe tiredness
Nausea and Vomiting	Description: Nausea is an uncomfortable feeling in your stomach or the need to throw up. You may or may not vomit. Recommendations: • Eat smaller, more frequent meals. • Avoid fatty, fried, spicy, or highly sweet foods. • Eat bland foods at room temperature and drink clear liquids. • If you vomit, start with small sips of water, broth, or other clear liquids. If these stay down, try soft foods (such as gelatin, plain cornstarch pudding, yogurt, strained soup, or strained cooked cereal) and gradually return to solid foods. • Your care team may prescribe medicine for these symptoms. Talk to your care team if you have: • Vomiting for more than 24 hours • Nonstop vomiting • Signs of dehydration (very thirsty, dry mouth, dizziness, or dark urine) • Blood or coffee-ground-like appearance in your vomit • Severe stomach pain that does not go away after vomiting
Stomach-Area (Abdominal) Pain	Description: Abdominal pain is when you feel discomfort or pain in the belly area. Talk to your care team if you have: • Severe abdominal pain

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<table>
<tr><td>Low Appetite</td><td>Description: Loss of appetite can lead to weight loss and low energy. Small changes in when and what you eat can help maintain strength and nutrition.
Recommendations:
Be as active as you can. Do light physical activity before a meal (check with your care team before starting an exercise program).
Note times of day when your appetite is best and eat your largest meal then.
Eat 5–6 small meals or snacks each day.
Choose high-protein foods (beans, chicken, fish, meat, yogurt, tofu, eggs). Eat protein first during meals.
Choose higher-calorie foods (avoid “low-fat,” “fat-free,” or “diet” options when trying to gain/maintain weight).
If you feel full quickly, avoid drinking 30 minutes before a meal and drink liquids between meals; choose calorie-containing drinks rather than diet drinks.
Have a bedtime snack that’s easy to digest (for example, peanut butter and crackers). If you have reflux, wait at least 1 hour before lying down.
Try nutritious beverages (high-protein shakes or smoothies) if solid food is unappealing.
Ask your care team about liquid nutrition supplements and ways to add protein or calories (protein powder, yogurt, ice cream).
Talk to your care team if you have:
Unintentional weight loss
Little or no appetite for several days
Excessive tiredness or low energy</td></tr>
<tr><td>Diarrhea</td><td>Description: Diarrhea is loose, watery stools or more frequent bowel movements than usual. It can cause dehydration and weakness.
Recommendations:
Keep track of how often you go to the bathroom each day.
Drink 8 to 10 glasses of water or other fluids daily, unless your care team tells you otherwise.
Eat small meals of mild, low-fiber foods (such as bananas, applesauce, potatoes, chicken, rice, and toast).
If you have diarrhea, avoid high-fiber foods (such as raw vegetables, fruits, and whole grains), gas-producing foods (such as broccoli and beans), dairy (such as milk and yogurt), and spicy, fried, or greasy foods.
Your care team may recommend an antidiarrheal medicine such as loperamide (Imodium).
Talk to your care team if you have:
4 or more bowel movements than normal in 24 hours
Dizziness or lightheadedness while having diarrhea
Signs of dehydration (very thirsty, dry mouth, dizziness, or dark urine)
Bloody diarrhea</td></tr>
</table>

Kidney Problems	Description: Treatment can cause kidney problems, including damage to the kidneys and decreased kidney function. Your care team will monitor your kidney function during treatment. Recommendations: • Drink 8 to 10 glasses of water or other fluids each day, unless your care team tells you otherwise. • Your care team may give you fluids and electrolytes with your treatment. Talk to your care team if you have: • Decrease in your amount of urine • Blood in your urine • Swelling of your ankles • Loss of appetite
Muscle or Joint Pain or Weakness	Description: Muscle pain is soreness, aching, cramps, stiffness, tenderness, or weakness in one or more muscles. Joint pain is pain, stiffness, swelling, or reduced movement where two bones meet. Recommendations: • Keep a pain diary: note pain levels, locations, and activities that make it better or worse. • Do gentle exercise (walking, stretching, yoga) to maintain mobility and strength. Check with your care team before starting a new activity. • Use a warm compress for stiff muscles or a cold pack to reduce swelling and numb pain—use what helps the area. • Your care team may recommend or prescribe medicines, including over-the-counter pain relievers. Talk to your care team if you have: • Pain you cannot control with usual measures • Swelling, redness, or warmth in a joint • New weakness • Trouble walking or moving

Select Rare Side Effects

Side Effect	Talk to Your Care Team if You Have Any of These Signs or Symptoms
Blood Clots or Blockage (Thrombosis) in Your Blood Vessels (Veins)	• Chest pain or pressure • Swelling or pain in your arms, back, neck, or jaw • Shortness of breath • Numbness or weakness on one side of your body • Trouble talking • Headache • Vision changes
Liver Problems	• Yellowing of your skin or the white part of your eyes (jaundice) • Severe nausea or vomiting • Pain on the right side of your stomach area (abdomen) • Dark, tea-colored urine • Bleeding or bruising more easily than normal
Lung Problems	• Cough • Shortness of breath • Chest pain
Bone Marrow Problems called Myelodysplastic Syndrome (MDS) or Acute Myeloid Leukemia (AML)	Symptoms of low blood cell counts are common during treatment, but can be a sign of serious bone marrow problems, including MDS or AML. Symptoms may include: • Weakness • Weight loss • Fever • Frequent infections • Blood in urine or stool • Shortness of breath • Feeling very tired • Bruising or bleeding more easily

Before starting treatment, ask your care team when to call 9-1-1 or seek emergency help.
If you experience any new, worsening, or uncontrolled side effects, contact your care team immediately.

Intimacy, Pregnancy, and Breastfeeding

- Treatment may **change how you feel about intimacy and your body.** However, physical closeness—such as holding hands and hugging—remains safe. It is common to have questions about intimacy. If needed, talk to your care team for guidance.
- Treatment may **harm an unborn baby**.
    - If you are able to become pregnant:
        - Take a pregnancy test before starting treatment.
        - Use an effective method of birth control during treatment and for 6 months after your last dose of olaparib.
        - If you think you might be pregnant or if you become pregnant, tell your care team right away.
    - If your partner is able to become pregnant, use an effective method of birth control—such as condoms—during treatment and for 3 months after your last dose of olaparib.
- **Do NOT breastfeed** during treatment and for 1 month after your last dose of olaparib.

Additional Information

- **Tell your care team about all the medicines you take**.
  This includes prescriptions, over-the-counter drugs, vitamins, and herbal products. Before starting any new medicine, supplement, or vaccine, ask your care team first.
- **You should not drink grapefruit juice, eat grapefruit, or eat Seville oranges (often used in marmalades)** during treatment with olaparib. These products may increase the amount of olaparib in your blood.
- **This Patient Education Sheet may not describe all possible side effects.**
  Call your care team for medical advice about side effects. You may report side effects to the FDA at 1-800-FDA-1088.

Notes

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