

## Olaparib (Lynparza)

---

### About This Medicine

Olaparib is used to treat cancer. It is given orally (by mouth).

### Possible Side Effects

- Bone marrow suppression. This is a decrease in the number of white blood cells, red blood cells, and platelets. This may raise your risk of infection, make you tired and weak, and raise your risk of bleeding.
- Nausea and vomiting (throwing up)
- Diarrhea (loose bowel movements)
- Indigestion
- Tiredness and weakness
- Decreased appetite (decreased hunger)
- Changes in the way food and drinks taste
- Headache
- Feeling dizzy
- Trouble breathing
- Cough

**Note:** Each of the side effects above was reported in 10% or greater of patients treated with Olaparib. All possible side effects are not included. Your side effects may be different depending on your cancer diagnosis, condition, or if you are receiving other medicines in combination. Please discuss any concerns or questions with your medical team.

### Warnings and Precautions

- This medicine may raise your risk of getting a second cancer, such as myelodysplastic syndrome and acute myeloid leukemia, which may be life-threatening.
- Inflammation (swelling) of the lungs, which may be life-threatening. You may have a dry cough or trouble breathing.
- Risk of blood clots. A blood clot in your leg may cause your leg to swell, appear red and warm, and/or cause pain. A blood clot in your lungs, which can be life-threatening, may cause trouble breathing, pain when breathing, and/or chest pain.

**Note:** Some of the side effects above are very rare. If you have concerns and/or questions, please discuss them with your medical team.

## Important Information

- Men should not donate sperm during treatment and for 3 months after treatment because this medicine is present in semen and may cause harm to a baby.

## How to Take Your Medicine

- Swallow the medicine whole with or without food approximately 12 hours apart. Do not chew, dissolve, divide or crush tablet.
- **Missed dose:** If you miss a dose, take your next dose at the regular time. Do not take 2 doses at the same time and do not double up on the next dose.
- **Handling:** Wash your hands with soap and water, before and after handling your medicine, your caretakers should not handle your medicine with bare hands and should wear latex gloves.
- Cytotoxic medicines leave the body through urine and stool, but they can also be present in other body fluids such as blood, vomit, semen, and vaginal fluids. Take precautions to prevent others from coming in contact with your medicine or your body fluids. Follow safety precautions during your treatment and for as long as directed by your health care provider after your treatment. If you take a cytotoxic pill each day, follow these precautions every day.
- **Storage:** Store this medicine in the original container at room temperature. Protect from moisture.
- **Disposal of unused medicine:** Do not flush any expired and/or unused medicine down the toilet or drain unless you are specifically instructed to do so on the medicine label. Some facilities have take-back programs and/or other options. If you do not have a take-back program in your area, then please discuss with your nurse or your doctor how to dispose of unused medicine.

## Treating Side Effects

- Manage tiredness by pacing your activities for the day.
- Be sure to include periods of rest between energy-draining activities.
- Get regular exercise, with your doctor's approval. If you feel too tired to exercise vigorously, try taking a short walk.
- If you are dizzy, get up slowly after sitting or lying.
- To help decrease the risk of infection, wash your hands regularly.
- Avoid close contact with people who have a cold, the flu, or other infections.
- Take your temperature as your doctor or nurse tells you, and whenever you feel like you may have a fever.
- To help decrease the risk of bleeding, use a soft toothbrush. Check with your nurse before using dental floss.
- Be very careful when using knives or tools.
- Use an electric shaver instead of a razor.
- Drink enough fluids to keep your urine pale yellow.



- If you throw up or have diarrhea, you should drink more fluids so that you do not become dehydrated (lack of water in the body from losing too much fluid).
- To help with nausea and vomiting, eat small, frequent meals instead of three large meals a day. Choose foods and drinks that are at room temperature. Ask your nurse or doctor about other helpful tips and medicine that is available to help stop or lessen these symptoms.
- If you have diarrhea, eat low-fiber foods that are high in protein and calories and avoid foods that can irritate your digestive tracts or lead to cramping.
- Ask your nurse or doctor about medicine that can lessen or stop your diarrhea.
- To help with decreased appetite, eat small, frequent meals. Eat foods high in calories and protein, such as meat, poultry, fish, dry beans, tofu, eggs, nuts, milk, yogurt, cheese, ice cream, pudding, and nutritional supplements.
- Consider using sauces and spices to increase taste. Daily exercise, with your doctor's approval, may increase your appetite.
- Taking good care of your mouth may help food taste better and improve your appetite.
- Keeping your pain under control is important to your well-being. Please tell your doctor or nurse if you are experiencing pain.

## Food and Medicine Interactions

- Avoid grapefruit, Seville oranges, and Seville orange/grapefruit juice while taking this medicine as it may raise the levels of olaparib in your body which could make side effects worse.
- Check with your doctor or pharmacist about all other prescription medicines and over-the-counter medicines and dietary supplements (vitamins, minerals, herbs, and others) you are taking before starting this medicine as there are known medicine interactions with olaparib. Also, check with your doctor or pharmacist before starting any new prescription or over-the-counter medicines, or dietary supplements to make sure that there are no interactions.
- This medicine may interact with St. John's Wort and may lower the levels of the medicine in your body, which can make it less effective.

## When to Call the Doctor

Call your doctor or nurse if you have any of these symptoms and/or any new or unusual symptoms:

- Fever of 100.4° F (38° C) or higher
- Chills
- Headache that does not go away
- Pain in your chest
- Dry cough and/or a cough that is bothersome
- Wheezing and/or trouble breathing
- Tiredness and/or extreme weakness that interferes with your daily activities
- Feeling dizzy or lightheaded
- Easy bleeding or bruising
- Nausea that stops you from eating or drinking and/or is not relieved by prescribed medicines
- Throwing up more than 3 times a day



- Diarrhea, 4 times in one day or diarrhea with lack of strength or a feeling of being dizzy
- Pain in your abdomen that does not go away
- Your leg is swollen, red, warm and/or painful
- Lasting loss of appetite or rapid weight loss of five pounds in a week
- If you think you may be pregnant or may have impregnated your partner

## Reproduction Warnings

- **Pregnancy warning:** This medicine may have harmful effects on the unborn baby. Women of childbearing potential should use effective methods of birth control during your cancer treatment and for at least 6 months after stopping treatment. Men with female partners of childbearing potential should use effective methods of birth control during your cancer treatment and for 3 months after stopping treatment. Let your doctor know right away if you think you may be pregnant or may have impregnated your partner.
- **Breastfeeding warning:** Women should not breastfeed during treatment and for one month after stopping treatment because this medicine could enter the breast milk and cause harm to a breastfeeding baby.
- **Fertility warning:** Fertility studies have not been done with this medicine. Talk with your doctor or nurse if you plan to have children. Ask for information on sperm or egg banking.

Revised December 2023

