

# ORAL CHEMOTHERAPY EDUCATION



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## OLAPARIB

### Name of your medication

Generic name — olaparib (oh-LA-puh-rib)  
Brand name — Lynparza® (lin-PAR-zuh)

### Approved uses

Olaparib is used to treat ovarian, fallopian tube, primary peritoneal, pancreatic, breast, and prostate cancer.

### Dose and schedule

Taking olaparib as instructed is important to allow your treatment to be as effective as possible, so here are some key points to remember.

- Your dose may vary, but the usual dose of olaparib is 300 milligrams (300 mg) to be taken by mouth at a scheduled time two times a day.
- Olaparib can be taken with or without food, but at the same time each day.
- Olaparib should be taken whole and not crushed, cut, or dissolved. If you are unable to swallow olaparib, talk to your care provider or pharmacist for possible options.
- If you miss a dose of olaparib, **do not** take an extra dose or two doses at one time. Simply take your next dose at the regularly scheduled time. Be sure to write down if you miss a dose and let your care provider know about any missed doses.

### Drug and food interactions

- Olaparib has many drug interactions. Inform your care providers of all prescription medications, over-the-counter medications, vitamins, and herbal products that you are taking.
- Grapefruit, grapefruit juice, and Seville oranges may interact with olaparib; avoid eating or drinking these during treatment with olaparib.
- Talk with your care team or pharmacist before taking new medications or supplements, or receiving any vaccines.

### Storage and handling

Handle olaparib with care. Just like when chemotherapy is given into the vein, this drug can be toxic, and exposure of the drug to others should be limited.

- Store olaparib at room temperature (68°F–77°F) in a dry location away from light.
- Keep olaparib out of reach of children and pets.
- Leave olaparib in the provided packaging until it is ready to be taken.
- Whenever possible, give olaparib to yourself and follow the steps below. If a family member, friend, or caregiver needs to give olaparib to you, they also need to follow these steps:
  1. Wash hands with soap and water.
  2. Put on gloves to avoid touching the medication. (Gloves are not necessary if you give the drug to yourself.)

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3. Gently transfer the olaparib from its package to a small medicine or other disposable cup.
  4. Administer the medicine immediately by mouth with water.
  5. Remove gloves and do not use them for anything else.
  6. Throw gloves and medicine cup in household trash.
  7. Wash hands with soap and water.
- If a daily pill box or pill reminder will be used, contact your care team before using:
    - The person filling the box or reminder should wear gloves (gloves are not necessary if you are filling the box or reminder).
    - When empty, the box or reminder should be washed with soap and water before refilling. Be sure to wash hands with soap and water after the task is complete, whether or not gloves are worn
  - If you have any unused olaparib, **do not** throw it in the trash and **do not** flush it down the sink or toilet. Talk to your care provider or pharmacist about proper disposal of olaparib.
  - If you are traveling, put your olaparib's packaging in a sealed plastic bag. Ask your pharmacist if any additional travel precautions are needed.

### Side Effects of Olaparib

Below are common side effects that have been known to happen in about one third or more of patients taking olaparib are listed on the left side of this table. You **MAY NOT** experience these side effects. Options to help manage any side effects that do occur are included on the right side of this table. These should be discussed with your care provider. If you experience any side effect you cannot manage or that is not listed here, contact your care provider.

| Possible Side Effect  | Management   |
|---|--|
| <b>Decreased hemoglobin, part of the red blood cells that carry iron and oxygen</b> | <p>Your hemoglobin should be monitored by a simple blood test. When your hemoglobin is low, you may notice that you get tired or fatigued more easily.</p> <ul style="list-style-type: none"><li>• Try to get 7–8 hours of sleep per night.</li><li>• Avoid operating heavy machinery if you feel too tired.</li><li>• Find a balance between work and rest.</li><li>• Stay as active as possible, but know that it is okay to rest as needed.</li><li>• You might notice that you are more pale than usual.</li></ul> <p>Let your care provider know right away if you experience:</p> <ul style="list-style-type: none"><li>• Shortness of breath</li><li>• Dizziness</li><li>• Palpitations</li></ul> |

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| Possible Side Effect   | Management   |
|--|--|
| <b>Nausea or vomiting</b>  | <ul style="list-style-type: none"> <li>• Eat and drink slowly.</li> <li>• Drink 8–10 glasses of water or fluid each day unless your care provider has instructed you to limit your fluid intake.</li> <li>• Eat small, frequent meals throughout the day rather than a few large meals.</li> <li>• Eat bland foods; avoid spicy, fried, and greasy foods.</li> <li>• Avoid vigorous exercise immediately after eating.</li> <li>• Don't lie down immediately after eating.</li> <li>• Avoid strong odors.</li> </ul> <p>Let your provider know if you experience nausea or vomiting. Your provider may prescribe medication that can help.</p>   |
| <b>Fatigue</b>   | <p>You may be more tired than usual or have less energy.</p> <ul style="list-style-type: none"> <li>• Stay as active as possible, but know it is okay to rest as needed, too.</li> <li>• Try to do some activity every day.</li> <li>• Plan your activities, and do them at a time of day when you feel a bit more energetic.</li> <li>• Avoid operating heavy machinery if you feel too tired.</li> </ul>   |
| <b>Decreased white blood cells (WBCs) and increased risk for infection</b> | <p>Your WBCs should be monitored by a simple blood test. When your WBCs are low, you are at a greater risk of having an infection. Take the following precautions to protect yourself from infection.</p> <ul style="list-style-type: none"> <li>• Wash your hands often, especially before eating and after using the bathroom.</li> <li>• Avoid crowds and people with fevers, flu, or other infection.</li> <li>• Bathe regularly to keep good personal hygiene.</li> </ul> <p>Contact your care provider if you experience any signs or symptoms of an infection such as:</p> <ul style="list-style-type: none"> <li>• Fever (temperature more than 100.4°F or 38°C)</li> <li>• Chills</li> <li>• Sore throat</li> <li>• Burning with urination</li> <li>• Unusual tiredness</li> <li>• A sore that becomes red, is draining, or does not heal</li> </ul> <p>Check with your care provider before taking any medicine for a fever or chills.</p> |
| <b>Abdominal pain</b>  | <p>Abdominal pain or discomfort may occur. Report any serious pain or symptoms to your care provider immediately.</p>  |

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| Possible Side Effect   | Management   |
|--|--|
| <p><b>Diarrhea (loose and/or urgent bowel movements)</b></p> | <p>Monitor how many bowel movements you have each day.</p> <ul style="list-style-type: none"> <li>• Drink 8–10 glasses of water or fluid each day unless your care provider has instructed you to limit your fluid intake related to some other health problem.</li> <li>• Eat small, frequent meals throughout the day rather than a few large meals.</li> <li>• Eat bland, low-fiber foods (e.g., bananas, applesauce, potatoes, chicken, rice, toast).</li> <li>• Avoid high-fiber foods, such as raw vegetables, raw fruits, and whole grains.</li> <li>• Avoid foods that cause gas, such as broccoli and beans.</li> <li>• Avoid lactose-containing foods, such as yogurt and milk.</li> <li>• Avoid spicy, fried, and greasy foods.</li> </ul> <p>Contact your provider if any of the following occur:</p> <ul style="list-style-type: none"> <li>• The number of bowel movements you have in a day increases by four or more.</li> <li>• You feel dizzy or lightheaded.</li> </ul> <p>Your care provider may recommend an over-the-counter medication called loperamide (Imodium®) to help with your diarrhea, but talk to your care provider before starting this medication.</p> |
| <p><b>Muscle or joint pain or weakness</b></p>               | <ul style="list-style-type: none"> <li>• Keep a diary of your pain, including a description of when and where the pain is occurring, what it feels like, and how long it lasts.</li> <li>• Stay as active as possible, but know that it is okay to rest as needed, too.</li> <li>• Tell your care provider if pain interferes with your activity.</li> </ul> <p>If the pain or weakness bothers you, ask your provider how you may ease this discomfort. Only take medication that has been prescribed or recommended by your care provider.</p>   |
| <p><b>Changes in kidney function</b></p>                     | <p>Your kidney (renal) function will be checked periodically by a simple blood test. Contact your care provider if you notice either of the following:</p> <ul style="list-style-type: none"> <li>• Decreased amount of urination</li> <li>• Unusual swelling in your legs and feet</li> </ul>   |

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| Possible Side Effect   | Management   |
|--|--|
| <b>Decreased platelet count and increased risk of bleeding</b> | <p>Your platelets should be monitored by a simple blood test. When they are low, you may bruise or bleed more easily than usual.</p> <ul style="list-style-type: none"><li>• Use caution to avoid bruises, cuts, bleeding, or burns.</li><li>• Blow your nose gently and do not pick your nose.</li><li>• Brush your teeth gently with a soft toothbrush and maintain good oral hygiene.</li><li>• When shaving, use an electronic razor instead of razor blades.</li><li>• Use a nail file instead of nail clippers.</li></ul> <p>Call your care provider if you have bleeding that will not stop. Examples include:</p> <ul style="list-style-type: none"><li>• A bloody nose that bleeds for more than five minutes despite pressure</li><li>• A cut that continues to ooze despite pressure</li><li>• Gums that bleed excessively when you floss or brush</li></ul> <p>Seek medical help immediately if you experience any severe headaches, blood in your urine or stool, coughing up blood, or prolonged and uncontrollable bleeding. You may need to take a break or “hold” your medication for medical or dental procedures. Talk to your care provider or dentist before any scheduled procedures.</p> <p>You may need to take a break or “hold” your medication for medical or dental procedures. Talk to your care provider or dentist before any scheduled procedures.</p> |

### Serious side effects of olaparib

- Olaparib may increase your risk for certain blood cancers. Be sure to alert your physician if you notice any abnormal bruising or bleeding.
- Olaparib may be harmful to your lungs. Inform your care provider of any new difficulty breathing, cough, or fever. Your provider may stop treatment with olaparib if your lungs are affected.
- Olaparib can increase your risk of having a blood clot. Seek immediate medical attention if you have sudden swelling in an arm or leg, have chest pain, or have trouble breathing.

If you experience ANY uncontrolled side effect, call your physician or healthcare center immediately:

(INSTITUTIONAL CONTACT INFO)

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### Handling body fluids and waste

Olaparib remains in your body for several days after it is taken, so some of the drug may be present in urine, stool, sweat, or vomit. Once you have started to take olaparib, it is important to follow the instructions below every day for as long as your treatment lasts. This will keep yourself, loved ones, and the environment as safe as possible.

- Pregnant women should avoid touching anything that may be soiled with body fluids from the patient.
- Toilet and septic systems
  - You may use the same toilet, septic tank, and/or sewer that you usually use. If you have a low-flow toilet, close the lid and flush twice to ensure all waste has been discarded.
  - If the toilet or toilet seat becomes soiled with urine, stool, or vomit, clean the surfaces before other people use the toilet.
  - Wash hands with soap and water after using the toilet.
- If you need a bedpan, be sure your caregiver knows to wear gloves to assist with cleanup and to wash the bedpan with soap and water every day.
- If you do not have good control of bladder or bowels, use a disposable pad with a plastic back, a diaper, or a sheet to absorb body waste.
- Wash any skin that has been exposed to body waste or olaparib with soap and water.
- Linens or clothing that are soiled with body fluids or body waste should be washed separately from other linens and clothing. If you do not have a washer, place the soiled linens in a plastic bag until they can be washed.
- Wash hands with soap and water after touching linens or clothing that may be soiled with body fluids.

### Pregnancy, sexual activity, and contraception

- Women should not become pregnant and men should not get a partner pregnant while taking olaparib. Men and women of childbearing age and potential should use effective contraception during therapy and for a minimum of six months after the last dose of olaparib.
- Effective contraception could include one or more of the following: oral contraceptive, barrier methods, etc.
- Do not breastfeed while taking olaparib and for one month after the last dose of olaparib.
- Inform your care provider if you become pregnant.
- It is safe to hug and kiss. Special precautions may be needed for sexual activity while on olaparib, and you are encouraged to ask your care provider.

### Obtaining medication

Talk with your care provider about how to obtain your olaparib.

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### Additional resources

**Product website:** <https://www.lynparza.com>

**Product prescribing information:** [https://www.azpicentral.com/Lynparza/pi\\_lynparza.pdf#page=1](https://www.azpicentral.com/Lynparza/pi_lynparza.pdf#page=1)

**Product resources:** <https://www.lynparza.com/support-for-patients/support-for-patients.html>

*Updated – October 22, 2021*

### Additional instructions

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**Important notice:** The Association of Community Cancer Centers (ACCC), Hematology/Oncology Pharmacy Association (HOPA), National Community Oncology Dispensing Association, Inc. (NCODA), and Oncology Nursing Society (ONS) have collaborated in gathering information for and developing this patient education guide. This guide represents a brief summary of the medication derived from information provided by the drug manufacturer and other resources. This guide does not cover all existing information related to the possible uses, directions, doses, precautions, warnings, interactions, adverse effects, or risks associated with this medication and should not substitute for the advice of a qualified healthcare professional. Provision of this guide is for informational purposes only and does not constitute or imply endorsement, recommendation, or favoring of this medication by ACCC, HOPA, NCODA, or ONS, who assume no liability for and cannot ensure the accuracy of the information presented. The collaborators are not making any representations with respect to the medications whatsoever, and any and all decisions, with respect to such medications, are at the sole risk of the individual consuming the medication. All decisions related to taking this medication should be made with the guidance and under the direction of a qualified healthcare professional.

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