

## PHARMACY

Drug Information

# Olaparib (Lynparza) Tablet/Capsule



### What is Olaparib (Lynparza)?

- Olaparib (Lynparza) is a medication used to treat breast, ovarian, prostate and pancreatic cancer.

### How is Olaparib Administered / Taken?

- Olaparib is usually taken orally, twice daily. The tablets/capsules should be swallowed whole; do not open, chew or crush the tablets/capsules. Inform your doctor or pharmacist if you have difficulty swallowing.

#### For tablets

The tablet can be taken with or without food.

#### For capsules

The capsule should be taken 2 hours before or 1 hour after food.

- If possible, handle the medication yourself. If a family member or caregiver needs to give the medication, wash hands before and after handling the medication.
- If you miss a dose of Olaparib, skip the missed dose and take it at the next scheduled timing.

### Can Olaparib be Administered / Taken With Other Medications?

- Please inform your doctor or pharmacist if you are taking other medications, including Traditional Chinese Medicines, Jamu medicines or supplements.
- Avoid grapefruit and Seville oranges.

### What are the Important Side Effects of Olaparib?

- Medications prescribed by your doctor should be beneficial for your condition even though they may result in some inevitable side effects.

Side Effect	Management
Risk of infection may be increased as Olaparib can reduce the number of white blood cells in your blood	<ul style="list-style-type: none"> <li>• To reduce risk of infection:               <ul style="list-style-type: none"> <li>- Wash your hands after toileting.</li> <li>- Avoid crowds and people who are sick.</li> <li>- Avoid raw food.</li> </ul> </li> </ul>

Side Effect	Management
	<ul style="list-style-type: none"> <li>Please proceed to the A&amp;E department immediately if you experience signs of infection such as fever with a temperature of 38°C and above, chills and shivering. Avoid taking Paracetamol (Panadol®) to relieve fever. Be aware that taking Paracetamol may mask fever and hence delay treatment of infection.</li> </ul>
Bruising or bleeding may occur as Olaparib can reduce the number of platelets in your blood	<ul style="list-style-type: none"> <li>To reduce risk of bleeding problems: <ul style="list-style-type: none"> <li>- Do not pick your nose.</li> <li>- Brush your teeth gently with a soft toothbrush</li> <li>- Be aware that bleeding may take a longer time to stop.</li> </ul> </li> <li>Please proceed to the A&amp;E department immediately if you experience any <b>severe</b> bleeding (eg, passing a large amount of fresh blood in urine or stools, or passing black sticky stools) or significant bruising.</li> </ul>
Nausea or vomiting	<ul style="list-style-type: none"> <li>Take small, frequent meals.</li> <li>Avoid smells that precipitate nausea.</li> <li>Take medicines for nausea or vomiting prescribed by your doctor.</li> <li>Avoid tight-fitting clothes around the waist.</li> </ul>
Constipation	<ul style="list-style-type: none"> <li>Maintain adequate hydration (at least 2 litres) of fluids per day unless informed otherwise by your doctor. Your doctor may prescribe you stool softeners to prevent constipation.</li> </ul>

Side Effect	Management
Diarrhoea	<ul style="list-style-type: none"> <li>Inform your doctor if this is severe and/or does not improve with medicine use.</li> <li>Drink at least two litres (8 cups) of fluids every day when you are having diarrhoea.</li> <li>Avoid milk, dairy products, high fibre food or spicy food whilst you are having diarrhoea.</li> </ul>
Taste changes including bitter or metallic taste in your mouth or find that food taste different	<ul style="list-style-type: none"> <li>This should go away once your treatment ends. Adding herbs and spices or strong-flavoured sauces can give your food more flavour. Sucking hard, sugar-free mint or ice may help to get rid of the metallic or bitter taste.</li> </ul>
Skin reactions such as rashes, dryness, or itchiness may be common.	<ul style="list-style-type: none"> <li>Avoid direct sunlight and applying sunscreen with an SPF (sun protection factor) of at least 30 may help. Alternatively, wear a hat, long sleeves shirt, and long pants when outside on sunny days.</li> <li>Applying moisturizers to dry areas may help.</li> <li>Inform your doctor if skin reactions persist or get worse.</li> </ul>
Muscle aches and joint pain	<ul style="list-style-type: none"> <li>Mild pain can be relieved by taking Paracetamol (Panadol®). Inform your doctor if pain is not controlled by Paracetamol (Panadol®). Avoid Paracetamol (Panadol®) when you are having fever.</li> <li>Taking regular warm baths may also help.</li> </ul>

Side Effect	Management
Headaches	<ul style="list-style-type: none"> <li>Mild pain can be relieved by taking Paracetamol (Panadol®). Inform your doctor if pain is not controlled by Paracetamol (Panadol®). Avoid Paracetamol (Panadol®) when you are having fever.</li> <li>Inform your doctor if headache persists or if it is associated with vomiting, confusion or visual changes.</li> </ul>
Fatigue or Tiredness	<ul style="list-style-type: none"> <li>Do not drive or operate machinery if you are feeling tired. Inform your doctor if fatigue is persistent or worsens.</li> </ul>
Fluid retention	<ul style="list-style-type: none"> <li>You may experience swelling of hands, feet, or lower legs if your body retains extra fluids.</li> <li>Elevating your legs on a foot stool or with a cushion or pillow may help to reduce the swelling.</li> </ul>
Lung problems (Pneumonitis, inflammation of the lung)	<ul style="list-style-type: none"> <li>Please proceed to the A&amp;E department immediately if you experience difficulty in breathing, shortness of breath, chest pain and/or new or worsening cough</li> </ul>
Risk of blood disorders/leukemia and secondary cancers	<ul style="list-style-type: none"> <li>Occurs very rarely. Please discuss with your physician if you have concerns.</li> </ul>

If you develop rashes, facial swelling or shortness of breath after taking the medication, you could be allergic to the medication. Please seek medical attention immediately.

Are There Any Special Precautions That I Need to Take?

- It is important to inform your doctor if you intend to conceive or breastfeed while taking this medication.

- You must not become pregnant during treatment with Olaparib and must use an effective method of contraception. You should take appropriate contraceptive measures during and up to 3 months after receiving the last dose of Olaparib. If pregnancy occurs during your treatment or within 6 months after your last dose, you must inform your doctor immediately.
- Olaparib may have an anti-fertility effect.
- You should not breast-feed during treatment and for 1 month after receiving the last dose of Olaparib.

What Else can I do to Help My Condition?

- Exercise  
Light exercise is recommended as it helps to improve mobility, balance and even emotional well-being. Avoid strenuous exercise, and rest when you are feeling tired.
- Stay positive  
Understand your condition and take an active role in managing it. Do not be afraid to talk about it with your doctor/ pharmacist/ family members. Repressed feelings can be harmful to your immediate well-being and long-term health.
- Adequate hydration  
Maintain adequate hydration with 2 to 3 litres (8 to 12 cups) of fluids per day unless informed by your doctor to restrict fluids. This will decrease your chances of getting constipation and also prevent dehydration.
- Medical and dental treatment  
If you need to go into hospital for any reason other than cancer, always inform the doctors and nurses that you are having chemotherapy. Talk to your cancer doctor if you think you need dental treatment. Always inform your dentist that you are having chemotherapy.

How do I Store Olaparib?

- For tablets  
Store your medication in a cool, dry place away from heat, moisture and direct sunlight.
- For capsules  
Store your medication in a refrigerator between 2 – 8°C. Do not freeze.

If you have any problem with your treatment, please contact your doctor, pharmacist or nurse clinician.

Please keep all medications out of reach of children.

You can also find useful information with regards to your medication on this website:

<https://www.macmillan.org.uk/information-and-support>

