



Provincial Health Services Authority

For the Patient: Niraparib
Other names: ZEJULA®

- **Niraparib** (nye rap' a rib) is a drug that is used to treat some types of cancer. It is a capsule that you take by mouth. The capsule contains lactose.
- Tell your doctor if you have ever had an unusual or **allergic reaction** to niraparib before taking niraparib.
- **Blood tests** may be taken regularly during treatment. The dose and timing of your treatment may be changed based on the test results and/or other side effects.
- It is important to **take** niraparib exactly as directed by your doctor. Make sure you understand the directions.
- You may **take** niraparib with food or on an empty stomach. Taking niraparib at bedtime may help reduce nausea.
- If you **miss a dose** of niraparib, skip the missed dose and go back to your usual dosing times.
- If you **vomit** the dose of niraparib, do not take a second dose. Skip the missed dose and go back to your usual dosing times. Call your doctor during office hours for advice.
- Other drugs may **interact** with niraparib. Check with your doctor or pharmacist before you start or stop taking any other drugs.
- The **drinking of alcohol** (in small amounts) does not appear to affect the safety or usefulness of niraparib.
- Niraparib may affect **fertility** in men. If you plan to have children, discuss this with your doctor before being treated with niraparib.
- Niraparib may damage sperm and may harm the baby if used during pregnancy. It is best to use **birth control** while being treated with niraparib. Ask your doctor how long you should continue using birth control after your treatment has ended. Tell your doctor right away if you or your partner becomes pregnant. Do not breastfeed during treatment and for at least one month afterwards.

- **Store** niraparib capsules out of the reach of children, at room temperature, away from heat, light, and moisture.
- **Tell** doctors, dentists, and other health professionals that you are being treated with niraparib before you receive any treatment from them.

Side effects are listed in the following table in the order in which they may occur. Tips to help manage the side effects are included.

SIDE EFFECTS	MANAGEMENT
<p>Nausea and vomiting may occur after your treatment.</p>	<p>You will be given a prescription for antinausea drug(s) to take at home. It is easier to prevent nausea than treat it once it has occurred, so follow directions closely.</p> <ul style="list-style-type: none"> • Drink plenty of fluids. • Eat and drink often in small amounts. <p>Try the ideas in <i>Practical Tips to Manage Nausea</i>.*</p>
<p>High blood pressure may sometimes occur. This can happen very quickly after starting treatment.</p>	<p>Your blood pressure will be checked during your visits to your doctor.</p> <ul style="list-style-type: none"> • You may be asked to check your blood pressure frequently between visits. • Your doctor may give you a prescription for blood pressure medication if your blood pressure is high. • Tell your doctor if you are already on blood pressure medication. Your doctor may have to adjust your dose.
<p>Tiredness and lack of energy may commonly occur.</p>	<ul style="list-style-type: none"> • Do not drive a car or operate machinery if you are feeling tired. <p>Try the ideas in <i>Fatigue/Tiredness – Patient Handout</i>.*</p>
<p>Skin rashes may sometimes occur.</p>	<p>If itching is very irritating, call your doctor. Otherwise, be sure to mention it at your next visit.</p>
<p>Constipation may sometimes occur.</p>	<ul style="list-style-type: none"> • Exercise if you can. • Drink plenty of fluids. <p>Try ideas in <i>Food Choices to Manage Constipation</i>.*</p>

SIDE EFFECTS	MANAGEMENT
<p>Diarrhea may sometimes occur.</p>	<p>If diarrhea is a problem:</p> <ul style="list-style-type: none"> • Drink plenty of fluids. • Eat and drink often in small amounts. • Avoid high fibre foods as outlined in <i>Food Choices to Help Manage Diarrhea</i>.* • Note: If lactose in milk usually gives you diarrhea, the lactose in the capsule may be causing your diarrhea. Take LACTAID® tablets just before your niraparib dose.
<p>Your white blood cells may decrease. White blood cells protect your body by fighting bacteria (germs) that cause infection. When they are low, you are at greater risk of having an infection.</p>	<p>To help prevent infection:</p> <ul style="list-style-type: none"> • Wash your hands often and always after using the bathroom. • Avoid crowds and people who are sick. • Stop taking niraparib and call your doctor immediately at the first sign of an infection such as fever (over 100°F or 38°C by an oral thermometer), chills, cough, or burning when you pass urine.
<p>Your platelets may decrease. Platelets help to make your blood clot when you hurt yourself. You may bruise or bleed more easily than usual.</p>	<p>To help prevent bleeding problems:</p> <ul style="list-style-type: none"> • Try not to bruise, cut, or burn yourself. • Clean your nose by blowing gently. Do not pick your nose. • Avoid constipation. • Brush your teeth gently with a soft toothbrush as your gums may bleed more easily. Maintain good oral hygiene. <p>Some medications such as ASA (e.g., ASPIRIN®) or ibuprofen (e.g., ADVIL®) may increase your risk of bleeding.</p> <ul style="list-style-type: none"> • Do not stop taking any medication that has been prescribed by your doctor (e.g., ASA for your heart). • For minor pain, try acetaminophen (e.g., TYLENOL®) first, to a maximum of 4 g (4000 mg) per day, but occasional use of ibuprofen may be acceptable.

SIDE EFFECTS	MANAGEMENT
Minor bleeding, such as nosebleeds , may rarely occur.	<ul style="list-style-type: none"> • Sit up straight and tip your head slightly forward. Tilting your head back may cause blood to run down your throat. • Pinch your nostrils shut between your thumb and forefinger or apply firm pressure against the bleeding nostril for 10 full minutes. • After 10 minutes, check to see if your nose is still bleeding. If it is, hold it for 10 more minutes. • Stay quiet for a few hours and do not blow your nose for at least 12 hours after the bleeding has stopped. <p>Get emergency help if a nosebleed lasts longer than 20 minutes.</p>
Sore mouth may sometimes occur. Mouth sores can occur on the tongue, the sides of the mouth, or in the throat. Mouth sores or bleeding gums can lead to an infection.	<ul style="list-style-type: none"> • Brush your teeth gently after eating and at bedtime with a very soft toothbrush. If your gums bleed, use gauze instead of a brush. Use baking soda instead of toothpaste. • Make a mouthwash with ¼ teaspoon baking soda AND ¼ teaspoon salt in 1 cup warm water and rinse several times a day. <p>Try the ideas in <i>Food Ideas to Try with a Sore Mouth</i>.*</p>
You may sometimes have trouble sleeping .	<ul style="list-style-type: none"> • Talk to your doctor if you continue to have trouble sleeping. <p>This will return to normal when you stop taking niraparib.</p>
Muscle or joint pain may sometimes occur.	You may take acetaminophen (e.g., TYLENOL®) every 4-6 hours to a maximum of 4 g (4000 mg) per day or ibuprofen (e.g., ADVIL®) for mild to moderate pain. Tell your doctor if the pain interferes with your activity.
Headache may sometimes occur.	Take acetaminophen (e.g., TYLENOL®) every 4-6 hours if needed, to a maximum of 4 g (4000 mg) per day.

SIDE EFFECTS	MANAGEMENT
Your skin may sunburn more easily than usual.	Refer to <i>Your Medication Sun Sensitivity and Sunscreens*</i> or the <i>BC Health Guide</i> for more information. <ul style="list-style-type: none"> • After sun exposure, if you have a severe sunburn or skin reaction such as itching, rash, or swelling, contact your doctor.
Loss of appetite and weight loss may sometimes occur.	Try the ideas in <i>Food Ideas to Help with Decreased Appetite.*</i>
Taste alteration may sometimes occur.	Try the ideas in <i>Food Ideas to Cope with Taste and Smell Changes.*</i>
Hair loss does not occur with niraparib.	

***Please ask your chemotherapy nurse or pharmacist for a copy.**

STOP TAKING NIRAPARIB AND SEE YOUR DOCTOR OR GET EMERGENCY HELP IMMEDIATELY IF YOU HAVE:

- Signs of an **allergic reaction** (rare) soon after a treatment including dizziness, fast heart beat, face swelling, or breathing problems.
- Signs of an **infection** such as fever (over 100°F or 38°C by an oral thermometer), shaking chills; severe sore throat, productive cough (coughing up thick or green sputum); cloudy or foul smelling urine; painful, tender, or swollen red skin wounds or sores.
- Signs of **bleeding problems** such as black, tarry stools; blood in urine; pinpoint red spots on skin; extensive bruising.
- Signs of **heart problems** such as fast or uneven heartbeat, chest pain, chest pressure, shortness or breath or difficulty breathing.
- **Seizures** or **loss of consciousness**, loss of speech or vision.
- Signs of **lung problems** such as cough, chest pain, shortness of breath or difficulty in breathing.
- Sudden and severe **abdominal pain**, swelling and bloating of the abdomen.

SEE YOUR DOCTOR AS SOON AS POSSIBLE (DURING OFFICE HOURS) IF YOU HAVE:

- Signs of **anemia** such as unusual tiredness or weakness.
- Signs of **liver problems** such as yellow eyes or skin, white or clay-coloured stools.
- Signs of **kidney problems** such as lower back or side pain, swelling of feet or lower legs.

