



Provincial Health Services Authority

**For the Patient: Olaparib**  
Other names: LYNPARZA®

- **Olaparib** (oh lap' a rib) is a drug that is used to treat some types of cancer. It is a tablet that you take by mouth.
- Tell your doctor if you have ever had an unusual or **allergic reaction** to olaparib before taking olaparib.
- **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** olaparib exactly as directed by your doctor. Make sure you understand the directions. You may be given tablets of more than one strength to make the right dose.
- You may **take** olaparib with food or on an empty stomach.
- If you **miss a dose** of olaparib, skip the missed dose and go back to your usual dosing times. Do NOT take extra doses or double your dose to make up for the dose you miss.
- If you **vomit** the dose of olaparib within 1 hour of taking it, do not take a second dose. Let your [healthcare team](#) know as a medication to prevent nausea may be required for future doses.
- Other drugs such as itraconazole (SPORANOX®) and rifampicin (RIFADIN®) may **interact** with olaparib. Tell your doctor if you are taking these or any other drugs as you may need extra blood tests or your dose may need to be changed. Check with your doctor or pharmacist before you start or stop taking any other drugs.
- **Avoid grapefruit and grapefruit juice** for the duration of your treatment, as these may interact with olaparib.
- The **drinking of alcohol** (in small amounts) does not appear to affect the safety or usefulness of olaparib.
- Olaparib may damage sperm and may harm the baby if used during pregnancy. It is best to use **birth control** while being treated with olaparib and for 1 month after the last dose. Tell your doctor right away if you or your partner becomes pregnant. Do not breastfeed during treatment.

- **Store** olaparib out of the reach of children, at room temperature, away from heat, light, and moisture. Keep in the original bottle and do not remove the desiccant.
- **Tell** your doctor, dentist, and other health professionals that you are being treated with olaparib before you receive any treatment from them.

### Changes in blood counts

Olaparib may cause temporary changes in your blood counts. Your doctor will be following these changes carefully by [ordering](#) blood tests. Adjustment of your treatment may be needed in certain circumstances.

BLOOD COUNTS	MANAGEMENT
<p>Normal white blood cells protect your body by fighting bacteria (germs) that cause infection. <b>When they are low, you are at greater risk of having an infection.</b></p>	<p>To help prevent infection:</p> <ul style="list-style-type: none"> <li>• Wash your hands often and always after using the bathroom.</li> <li>• Avoid crowds and people who are sick.</li> <li>• Call your <a href="#">healthcare team</a> <b>immediately</b> at the first sign of an infection such as fever (over <b>38°C</b> or <b>100°F</b> by an oral thermometer), chills, cough, or burning when you pass urine.</li> </ul>
<p>Normal platelets help your blood to clot normally after an injury (e.g., cut). <b>When the platelet count is low, you may be more likely to bruise or bleed.</b></p>	<p>To help prevent bleeding problems:</p> <ul style="list-style-type: none"> <li>• Try not to bruise, cut, or burn yourself.</li> <li>• Clean your nose by blowing gently. Do not pick your nose.</li> <li>• Avoid constipation.</li> <li>• Brush your teeth gently with a soft toothbrush as your gums may bleed more easily.</li> </ul> <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"> <li>• Do not stop taking any medication that has been prescribed by your doctor (e.g., <b>ASA for your heart</b>).</li> <li>• For minor pain, try acetaminophen (e.g., TYLENOL®) first. If it is not effective, contact your doctor.</li> </ul>

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><b>Nausea</b> and <b>vomiting</b> may occur after your treatment. <a href="#">If you are vomiting and it is not controlled, you can quickly become dehydrated.</a></p>	<p>You will be given a prescription for anti-nausea drug(s) to take at home. <b>It is easier to prevent nausea than treat it once it has occurred</b>, so follow directions closely.</p> <ul style="list-style-type: none"> <li>• Drink plenty of fluids.</li> <li>• Eat and drink often in small amounts.</li> <li>• Try the ideas in <i>Practical Tips to Manage Nausea</i>.* <p><a href="#">If you are vomiting and it is not controlled, you can quickly become dehydrated.</a></p> </li></ul>
<p>Skin reactions such as <b>rash, dryness, or itchiness</b> may sometimes occur.</p>	<p>If itching is very irritating, call your <a href="#">healthcare team</a>. Otherwise, be sure to mention it at your next visit.</p>
<p><b>Diarrhea</b> may sometimes occur. <a href="#">If you have diarrhea and it is not controlled, you can quickly become dehydrated.</a></p>	<p>If diarrhea is a problem:</p> <ul style="list-style-type: none"> <li>• Drink plenty of fluids.</li> <li>• Eat and drink often in small amounts.</li> <li>• Avoid high fibre foods as outlined in <i>Food Choices to Help Manage Diarrhea</i>.* <p><a href="#">Tell your healthcare team if you have diarrhea for more than 24 hours.</a></p> </li></ul>
<p><b>Constipation</b> may sometimes occur.</p>	<ul style="list-style-type: none"> <li>• Exercise if you can.</li> <li>• Drink plenty of fluids.</li> <li>• Try ideas in <i>Food Choices to Manage Constipation</i>.*</li> </ul>
<p><b>Headache</b> may sometimes occur.</p>	<p>Take acetaminophen (e.g., <b>TYLENOL®</b>) every 4-6 hours if needed, to a maximum of 4 g (4000 mg) per day.</p>
<p><b>Muscle</b> or <b>joint pain</b> may sometimes occur.</p>	<p>You may take acetaminophen (e.g., <b>TYLENOL®</b>) every 4-6 hours to a maximum of 4 g (4000 mg) per day. Tell your <a href="#">healthcare team</a> if the pain interferes with your activity.</p>
<p><b>Swelling</b> of hands, feet, or lower legs may sometimes occur if your body retains extra fluid.</p>	<p>If swelling is a problem:</p> <ul style="list-style-type: none"> <li>• Elevate your feet when sitting.</li> <li>• Avoid tight clothing.</li> </ul>
<p><b>Taste alteration</b> may sometimes occur.</p>	<p>Try the ideas in <i>Food Ideas to Cope with Taste and Smell Changes</i>.*</p>

SIDE EFFECTS	MANAGEMENT
<b>Loss of appetite</b> may sometimes occur.	Try the ideas in <i>Food Ideas to Help with Decreased Appetite</i> .*
<b>Tiredness</b> and lack of energy commonly occur.	<ul style="list-style-type: none"> <li>Do not drive a car or operate machinery if you are feeling tired.</li> <li>Try the ideas in <i>Fatigue/Tiredness – Patient Handout</i>.*</li> </ul>
<b>Hair loss</b> does not occur with olaparib.	

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

**STOP TAKING OLAPARIB AND CHECK WITH YOUR HEALTHCARE TEAM OR GET EMERGENCY HELP IMMEDIATELY IF YOU HAVE:**

- Signs of a **stroke** such as sudden onset of severe headache, eyesight changes, slurred speech, loss of coordination, weakness or numbness in arm or leg.
- 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 a **blood clot** such as tenderness or hardness over a vein, calf swelling and tenderness, sudden onset of cough, chest pain, or shortness of breath.
- Signs of **lung problems** such as new or worsening cough, chest pain, coughing blood, shortness of breath, or difficulty in breathing.

**CHECK WITH YOUR HEALTHCARE TEAM AS SOON AS POSSIBLE (DURING OFFICE HOURS) IF YOU HAVE:**

- Signs of **anemia** such as unusual tiredness, weakness, or dizziness.
- Increased **sore throat or mouth** that makes it difficult to swallow comfortably.

**CHECK WITH YOUR HEALTHCARE TEAM IF ANY OF THE FOLLOWING CONTINUE OR BOTHER YOU:**

- Headache not controlled with acetaminophen (e.g., TYLENOL®).
- Uncontrolled nausea, vomiting, or diarrhea.
- Easy bruising or minor bleeding.
- Hot flashes: sudden sweating and feelings of warmth.
- Feelings of depression or anxiety, or difficulty sleeping.
- Numbness or tingling of the fingers or toes.
- Heartburn or stomach pain.
- For diabetic patients: uncontrolled blood sugars.

