



## What is ZEJULA®

Medicine Name	Description
Niraparib	100 mg gelatin capsule: black with violet

## How should you take your medicine?

Your doctor has determined your medicine dosage.

In your case, the dosage is as follows: ..... mg/day, i.e..... 100 mg gelatin capsule(s), once a day, every day.

Swallow whole with a glass of water, without opening or diluting the capsules.

At a set time, at bedtime (to reduce nausea).

If you forgot to take a dose or in case of vomiting, do not take an additional dose but wait for the time to take the next dose.

## Dosage – therapy regimen

Once a day, at a set time, with or without meals									
With no gaps	D1	D2	D3	D4	D5	D6	D7	...	D28

## How to get the medicine supply?

This medicine is available in local pharmacies.

Getting this medicine might take time. Be careful and order the medicine in advance. Store this product in its original packaging, away from sources of heat and moisture.

## What else do you need to know?

### Precautions and monitoring

Laboratory tests are necessary while taking your medication (blood test to monitor blood counts and electrolytes level), as well as clinical condition monitoring (blood pressure).

### Using contraceptives

This drug may harm an unborn baby. During the entire treatment, you and your partner need to use effective contraception methods (condoms combined with another method).

### Interactions with other medications and/or food

The occurrence of interactions between ZEJULA® and your other treatments may have harmful consequences (reduced drug efficacy and tolerance). It is important to tell your pharmacist and doctor about all medications and/or other substances (foods, plants, probiotics, essential oils, nutritional supplements, etc.) that you are taking.

*Example:* While taking ZEJULA®, it is necessary to avoid using certain supplements that can contribute to high blood pressure (ginkgo biloba, bitter orange, butcher's-broom, licorice, yohimbe).

## What are possible side effects?

**Only the most common side effects are listed below. There might be some other side effects. For additional information, refer to your medicine leaflet or seek advice from your doctor or pharmacist.**

### SIDE EFFECTS



Most common ones	<p><b>Abnormal lab results:</b> low hemoglobin level (anemia), low thrombocyte count (thrombocytopenia) and low multinuclear neutrophil count (neutropenia), abnormal liver function tests</p> <p><b>Infections:</b> cough, rhinopharyngitis, bronchitis, conjunctivitis, cystitis, or urinary tract infections</p> <p><b>Digestive problems:</b> loss of appetite, nausea, vomiting, diarrhea, constipation, abdominal pain, mouth dryness, inflammations inside the mouth (ulcers), taste perception disorders</p> <p><b>Cardiac disorders:</b> strong, fast, or irregular heartbeat, high blood pressure</p> <p><b>Skin problems:</b> rash, sun sensitivity</p> <p><b>Pain:</b> headaches, pain in joints and muscles, pain in the back</p> <p><b>Others:</b> mild sleep disturbance, fatigue</p>
Some patients require special attention	Lactose intolerant patients
<b>WHEN TO ALERT THE MEDICAL TEAM?</b>	
Tell medical personnel if the following conditions are present and in the absence of specific medical advice	<p><b>Digestive problems</b></p> <ul style="list-style-type: none"> <li>&gt; Significant and/or rapid weight loss</li> <li>&gt; Very frequent diarrhea, bowel movement over 4 times a day</li> <li>&gt; Severe abdominal pain</li> <li>&gt; Inability to drink for 24 hours and/or eat for about 48 hours</li> <li>&gt; Bowel movements fewer than 3 times a week</li> </ul> <p><b>Symptoms suggestive of infection</b></p> <ul style="list-style-type: none"> <li>&gt; Temperature &gt; 38.5 °C</li> <li>&gt; Cough, throat pain, pain on urination, diarrhea with fever</li> </ul> <p><b>Hypertension symptoms</b></p> <ul style="list-style-type: none"> <li>&gt; Headaches, buzzing in the ears, and/or dizziness</li> <li>Blood pressure increase</li> </ul> <p><b>Symptoms suggestive of hemorrhage</b></p> <ul style="list-style-type: none"> <li>&gt; Blood in stool or in vomit</li> <li>&gt; Hematomas (bruises), nose bleedings</li> </ul>
<b>HOW TO PREVENT SIDE EFFECTS?</b>	
Blood pressure control	Elevated blood pressure needs to be corrected. <b>Taking arterial pressure regularly</b> is recommended. Pharmacists can help you take your blood pressure. You can also ask to do it by yourself using an automatic blood pressure monitor.
Weight	<b>Regularly check your weight</b> in case of digestive problems.
Infection	<b>Avoid</b> visiting high risk areas (crowds, contact with sick people, ...). A flu and pneumococcal infection vaccine might be <b>recommended</b> for you: it will protect you.
Bleedings / hemorrhage	<b>Avoid</b> taking anti-inflammatory drugs (ibuprofen, aspirin...) <b>Notify</b> your doctor: > if you take <i>blood thinners or thrombocytic antiaggregants</i> : careful monitoring is needed > about <i>surgical or dental intervention</i> .
Skin care	<b>Opt for</b> mild soap and moisturizer, pat skin dry. <b>Avoid</b> using any skin irritating products. <i>For sun protection use</i> broad spectrum sunscreen and <b>avoid</b> sun exposure.
Constipation	<i>To stimulate intestinal transit,</i> <b>engage in</b> adjusted and regular physical activities: walking, work in the garden, swimming, biking, sports...
<b>HOW TO ADAPT YOUR DIET?</b>	
Loss of appetite	<b>Opt for</b> a higher calorie diet and "pleasure diet".
Nausea	<b>Opt for</b> split nutrition consisting of several light meals, liquid and cold dishes. <b>Limit</b> consumption of fatty, fried, and spicy foods.
Diarrhea	<b>Opt for</b> a low fiber diet. It is preferable to <b>consume</b> starchy products, carrots, and bananas. <b>Avoid</b> using raw fruit and vegetables, dairy products, coffee, or alcohol. <b>Drink</b> more water.
Constipation	<b>Opt for</b> a high fiber diet. <b>Drink</b> more water.
Taste perception disorders	<b>Opt for</b> several small meals of warm and cold food per day. <b>Avoid</b> using metal kitchen utensils.

