




Olaparib – LYNPARZA® (PILLS)

What is LYNPARZA®

Medicine Name	Description
Olaparib	<p>100 mg pill: yellow, oval 150 mg pill: grey-green, oval</p> <p>CAPSULES and TABLETS are NOT INTERCHANGEABLE</p> 

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 pills and 150 mg pills, twice a day, every day.

Swallow whole with a glass of water; do not crush, cut, chew, or dilute the pills; do not open or dilute gelatin capsules.

At a set time, with or without meals.

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

Twice a day, at a set time									
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), as well as clinical condition monitoring.

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 LYNPARZA® 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 LYNPARZA®, it is necessary to avoid using Saint John's wort and grapefruit juice.

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>Digestive problems: nausea, diarrhea, inflammation inside mouth (ulcers), abdominal pain, acid reflux, taste perception disorders, loss of appetite</p> <p>Abnormal lab results: low hemoglobin level (anemia), low multinuclear neutrophil count (neutropenia) and/or platelet count (thrombocytopenia)</p> <p>Others: cough, headaches, dizziness, fatigue</p>
WHEN TO ALERT THE MEDICAL TEAM?	
Tell medical personnel if the following conditions are present and in the absence of specific medical advice	<p>Digestive problems</p> <ul style="list-style-type: none"> > Significant and/or rapid weight loss > Very frequent diarrhea, bowel movement over 4 times a day > Mouth pain or ulcers that prevent normal eating > Inability to drink for 24 hours and/or eat for about 48 hours <p>Respiratory problems</p> <ul style="list-style-type: none"> > Increasing constant cough or problems breathing <p>Symptoms suggestive of hemorrhage</p> <ul style="list-style-type: none"> > Blood in stool or in vomit > Hematomas (bruises), nose bleedings <p>Pain that prevents you from doing your normal activities</p> <ul style="list-style-type: none"> > Headaches
HOW TO PREVENT SIDE EFFECTS?	
Weight	Regularly check your weight in case of digestive problems.
Oral hygiene	Use a soft toothbrush; use oral rinses containing baking soda. Avoid oral rinses that contain menthol or alcohol.
Fatigue	Opt for activities contributing to well-being, in particular adjusted and regular physical activities: walking, work in the garden, swimming, biking, sports... Alternate periods of activity and rest.
Bleedings	Avoid taking anti-inflammatory drugs (ibuprofen, aspirin...) Notify your doctor: > if you take <i>blood thinners or thrombocytic antiaggregants</i> : careful monitoring is needed about <i>surgical or dental intervention</i> .
Infection	Avoid visiting high risk areas (crowds, contact with sick people, ...). A flu and pneumococcal infection vaccine might be recommended for you: it will protect you.
HOW TO ADAPT YOUR DIET?	
Diarrhea	Opt for a low fiber diet. It is preferable to consume starchy products, carrots, and bananas. Avoid using raw fruit and vegetables, dairy products, coffee, or alcohol. Drink more water.
Nausea	Opt for split nutrition consisting of several light meals, liquid and cold dishes. Limit consumption of fatty, fried, and spicy foods.
Taste perception disorders	Opt for several small meals of warm and cold food per day. Avoid using metal kitchen utensils.
Inflammation inside mouth (ulcers)	Avoid sour, sticky, or very salty foods.
Weight loss	Opt for a higher calorie diet and "pleasure diet".
Acid reflux	Avoid using alcohol, tobacco, coffee, and large, fatty meals. Opt for split nutrition.

