



NIRAPARIB - ZEJULA®

What is ZEJULA

Medicine Name	Description
Niraparib	100 mg film-coated pills: grey, oval-shaped [12 mm x 8 mm], marked "100 mg" on one side and "Zejula" on the other side

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 pill(s), once a day, every day.

Swallow whole with a glass of water, at the same time, once a day, preferably outside of meals or with a light meal (total caloric intake between 400 and 500 kcal, with 25% from fat.)

Taking the medicine at bedtime (2 h after meal) or with a light meal (500 kcal, with 25% from fat) may help control 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 the same time, preferably outside of meals or with a light meal (total caloric intake between 400 and 500 kcal, with 25% from fat) - Taking the medication at bedtime may be suggested to help control nausea.	 On an empty stomach   
Continuously	 J1  J2  J3  J4  J5  J6  J7 ...  J28

How to get the medicine supply?

This medicine is available from 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 (arterial blood pressure.)

Using contraceptives

This drug may harm an unborn baby. During the entire treatment and one month after its cessation, 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 taking certain supplements that may promote hypertension (Ginkgo Biloba, Seville Orange, Butcher's Broom, Licorice, Yohimbe.)

What are possible side effects?

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



The most common ones	<p>Abnormal lab results: low hemoglobin level (anemia), low platelet count (thrombocytopenia), low multinuclear neutrophil count (neutropenia), abnormal liver function tests</p> <p>Infections: cough, rhinopharyngitis, bronchitis, conjunctivitis, cystitis or urinary tract infection</p> <p>Digestive problems: loss of appetite, nausea, vomiting, diarrhea, constipation, abdominal pain, dry mouth, inflammations inside the mouth (ulcers), taste perception problem</p> <p>Cardiac problems: strong, rapid, or irregular heartbeats (palpitations), high blood pressure</p> <p>Skin problems: rash, sensitivity to sunlight</p> <p>Pain: headaches, muscle and joint pain, pain in the back</p> <p>Other: mild sleep disturbance, fatigue</p>
Patients requiring special attention	Lactose intolerant patients
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> <p>Significant and/or rapid weight loss</p> <p>Very frequent diarrhea, bowel movement over 4 times a day</p> <p>Severe abdominal pain</p> <p>Inability to drink for 24 hours and/or eat for about 48 hours</p> <p>Bowel movements fewer than 3 times a week</p> <p>Symptoms suggestive of infection</p> <p>Temperature > 38.5 °C</p> <p>Cough, throat pain, pain on urination, diarrhea with fever</p> <p>Symptoms suggestive of hypertension</p> <p>Headaches, buzzing in the ears, and/or dizziness</p> <p>Blood pressure increase</p> <p>Symptoms suggestive of hemorrhage</p> <p>Blood in stool or in vomit</p> <p>Hematomas (bruises), nose bleedings</p>
How to prevent side effects?	
Blood pressure control	Elevated blood pressure needs to be corrected. Taking arterial pressure regularly 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	Check your weight regularly in case of digestive problems.
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.
Bleedings/hemorrhages	<p>Avoid taking anti-inflammatory drugs (ibuprofen, aspirin...)</p> <p>Notify your doctor:</p> <p>if you take <i>blood thinners or thrombocytic antiaggregants</i>: careful monitoring is needed;</p> <p>about <i>surgical or dental intervention</i>.</p>
Skin care	<p>For washing, opt for a mild soap and moisturizer, pat skin dry.</p> <p>Avoid using any irritating products.</p> <p>For sun protection, use broad spectrum sunscreen and avoid sun exposure.</p>
Constipation	To stimulate intestinal transit, engage in adjusted and regular physical activities: walking, work in the garden, swimming, biking, sports...
How to adapt your diet?	
Loss of appetite	Opt for a higher calorie diet and "pleasure diet".
Nausea	<p>Opt for split nutrition consisting of several light meals, liquid and cold dishes.</p> <p>Limit consumption of fatty, fried, and spicy foods.</p>

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 plenty of water.
Constipation	Opt for a high fiber diet. Drink plenty of water.
Taste perception problem	Opt for several small meals of warm and cold food per day. Avoid using metal kitchen utensils.

