

Olaparib (Lynparza)

The possible benefits of this treatment vary; for some people anti-cancer therapy may reduce the risk of the cancer coming back, for others it may control the cancer and its symptoms. Chemotherapy is the most commonly prescribed anti-cancer treatment but other types of treatment are also used. Your doctor will explain to you whether you will receive chemotherapy or another type of treatment, or a combination of both. Your doctor or nurse will be happy to answer any questions you have about your treatment. You will find it useful to refer to the booklet '*Chemotherapy, a guide*' which gives general information on chemotherapy and side effects.

Your treatment

Your doctor has prescribed for you a course of treatment with Olaparib (Lynparza). Olaparib is given by mouth as capsules or tablets twice a day continuously. You can remain on the capsules for as long as you are benefitting from the treatment and the side effects are tolerated.

Capsules should be taken twice daily, about 12 hours apart. Try to take them at the same times each day. If you forget to take a dose, do not double up - just take your next dose when it is due. Capsules should be taken on an empty stomach (at least an hour before food or two hours after food).

Tablets should be taken twice daily, about 12 hours apart. Try to take them at the same times each day. If you forget to take a dose, do not double up - just take your next dose when it is due. Swallow the tablets whole, with or without food. You do not need to take them on an empty stomach.

This treatment can have serious or possibly life-threatening side effects. It is very important that you report side effects straight away. Don't delay, if you feel unwell, please ring The Christie Hotline on 0161 446 3658. The lines are open 24 hours a day.



Increased risk of serious infection:

You are vulnerable to infection while you are having chemotherapy. Minor infections can become life-threatening in a matter of hours if left untreated. Symptoms of infection include fever, shivering, sweats, sore throat, diarrhoea, discomfort when you pass urine, cough or breathlessness. We recommend that you use a digital thermometer so you can check your temperature. You can buy one from your local chemist.

If you feel unwell, you have symptoms of an infection or your temperature is 37.5°C or above, or below 36°C contact The Christie Hotline straight away.

Drug interactions

Some medicines interact with Olaparib, either making it less effective or more likely to cause side effects. Please check with your GP and pharmacist that any new medicines are safe, or contact us. Drugs which should be avoided include itraconazole, fluconazole, carbamazepine, verapamil, diltiazem, clarithromycin, erythromycin, high dose steroids and simvastatin. If you are in any doubt you should contact The Christie. Please do not drink any grapefruit juice or eat grapefruit while you are taking Olaparib. St John's Wort should also be avoided.

Possible side effects

Chemotherapy can cause many different side effects. Some are more likely to occur than others. Everyone is different and not everyone gets all the side effects. Most side effects are usually temporary, but in some rare cases they can be life-threatening. It is important to tell your hospital doctor or nurse about any side effects so they can be monitored and, where possible, treated. If your side effects are severe, you may need to stop your tablets, have a longer break from treatment, or have a dose reduction. A small number of people do not tolerate the treatment.

Common side effects (more than 1 in 10)

- **Anaemia (low number of red blood cells)**

While having this treatment you may become anaemic. This may make you feel tired and breathless. Let your doctor or nurse know if these symptoms are a problem. You may need a blood transfusion.

- **Mild nausea and vomiting (sickness)**

You may notice some mild sickness while taking Olaparib. You will be given some anti-sickness tablets to take at home if you need to. If you continue to feel or be sick, contact your GP or this hospital, because your anti-sickness medication may need to be changed or increased.

- **Lethargy**

Some chemotherapy may make you feel tired and lacking in energy. It can be frustrating when you feel unable to cope with routine tasks. If you do feel tired, take rest and get help with household chores. If necessary, take time off work. Gentle exercise such as walking can be beneficial.

- **Loss of appetite/ change in taste/ heartburn**

A dietitian or specialist nurse can give you advice and tips on diet and how to improve your appetite. Let your doctor or nurse know if this is a problem.

- **Headache or dizziness**

You may experience dizziness or headaches. If you experience these symptoms you should be cautious about driving or using machines.

- **Diarrhoea (with loperamide)**

Diarrhoea is a common side effect of your treatment. If you have watery diarrhoea you should immediately take the anti-diarrhoea treatment that the doctor has prescribed for you. This is loperamide dispensed by The Christie pharmacy. Follow the doctor's instructions **EXACTLY**:

Take 2 loperamide capsules as soon as the first liquid stool occurs. Then take one capsule with each liquid loose stool. (The maximum dose of loperamide in a day is 8 capsules).

If you have an increase of more than 4 bowel movements each day compared to pre-treatment, or any diarrhoea at night, please ring The Christie Hotline for advice.

Uncommon side effects (less than 1 in 10)

- **Stomach pain**

Get medical help right away if you have any of the following side effects: severe/persistent stomach/abdominal pain, signs of bleeding (such as bloody/black stools, vomit that looks like coffee grounds, coughing/vomiting up blood).

- **Sore mouth**

Your mouth may become sore or dry, or you may notice small mouth ulcers during this treatment. Drinking plenty of fluids and cleaning your teeth regularly and gently with a soft toothbrush can help to reduce the risk of this happening. We can prescribe a mouthwash for you to use during treatment. You can dilute this with water if your mouth is sore. Ask your doctor or nurse for further advice. There is also general mouth care information in the chemotherapy booklet. If you continue to have a sore mouth, please contact The Christie Hotline.

Serious and potentially life threatening side effects

In a small proportion of patients chemotherapy can result in very severe side effects which may rarely result in death. The team caring for you will discuss the risk of these side effects with you.

Sex, contraception and fertility

Protecting your partner and contraception We recommend that you or your partner use a condom during sexual intercourse while you are having the course of chemotherapy. Chemotherapy is dangerous to unborn babies and this will also protect you and your partner from any chemotherapy drugs that may be present in semen and in the vagina. If you suspect that you may be pregnant please tell your doctor immediately.

Fertility This chemotherapy may affect your ability to have children. Your doctor or nurse should have discussed this with you. If not, please ask them before you start treatment.

Late side effects

Some side effects may become evident only after a number of years. In reaching any decision with you about treatment, the potential benefit you receive from treatment will be weighed against the risks of serious long term side effects to the heart, lungs, kidneys and bone marrow. With some drugs there is also a small but definite risk of developing another cancer. If any of these problems specifically applies to you, the doctor will discuss these with you and note this on your consent form.

Contacts

If you have any general questions or concerns about your treatment, please ring the area where you are having treatment:

- Administration enquiries **0161 918 7606/7610**
- Chemotherapy nurse: **0161 918 7171**
- Clinical trials unit **0161 918 7663**

For advice ring The Christie Hotline on **0161 446 3658** (24 hours)

Your consultant is:

Your hospital number is:

Your key worker is:

If you need information in a different format, such as easy read, large print, BSL, braille, email, SMS text or other communication support, please tell your ward or clinic nurse.

We try to ensure that all our information given to patients is accurate, balanced and based on the most **up-to-date** scientific evidence. If you would like to have details about the sources used please contact patient.information@christie.nhs.uk

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For information about The Christie and our services, please visit www.christie.nhs.uk or visit the cancer information centres at Withington, Oldham or Salford.

Contact The Christie Hotline for urgent support and specialist advice

**The Christie Hotline:
0161 446 3658**

Open 24 hours a day, 7 days a week

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The Christie Patient Information Service
August 2019 - Review July 2020

