

A GUIDE TO LYNPARZA (OLAPARIB) FOR PATIENTS WITH PROSTATE CANCER

You have received this booklet because you have been prescribed Lynparza as a monotherapy or in combination with abiraterone and prednisone or prednisolone for the treatment of your prostate cancer. Monotherapy indicates that Lynparza is the mainstay of your treatment. Your treating physician may continue to prescribe hormonal therapies.^{1,2}

This patient booklet has been developed and funded by AstraZeneca. This educational booklet is not intended to replace the advice of your doctor. Please always speak to your doctor, nurse or pharmacist for further information.

Reporting side effects: If you get any side effects, talk to your doctor, pharmacist or nurse. Side effects should be reported. This includes any side effects not listed in this booklet.

Adverse events should be reported. Reporting forms and information can be found at www.mhra.gov.uk/yellowcard or search for MHRA Yellow Card in the Google Play or Apple App Store. Adverse events should also be reported to AstraZeneca by visiting <https://contactazmedical.astrazeneca.com> or by calling 0800 783 0033.



You have received this booklet because you have been prescribed Lynparza as a monotherapy or in combination with abiraterone and prednisone or prednisolone for the treatment of your prostate cancer.

This booklet will provide you with information on what this treatment is and why you have been prescribed it. Please contact your local healthcare provider for further information.

Please also refer to the Patient information Leaflet that was included with your medicine.

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Why have I been prescribed Lynparza monotherapy?

BRCA gene mutations: the genes that repair damaged DNA aren't working properly.^{1,2} These mutations may be inherited from your parents (germline) or may appear spontaneously (somatic).^{3,4} Your doctor will have tested you for mutations in these genes prior to prescribing you Lynparza monotherapy^{1,2}

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You have been prescribed Lynparza monotherapy because you have a certain type of prostate cancer: **metastatic castration-resistant prostate cancer and mutated BRCA gene.**^{1,2}

Castration-resistant: your cancer is unresponsive to medical or surgical treatments that lower testosterone levels⁵

Metastatic: your cancer is at an advanced stage and has spread beyond your prostate⁶

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To receive Lynparza monotherapy, you will have already received a new hormonal agent (NHA), such as enzalutamide or abiraterone, earlier in your treatment journey¹

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You will keep receiving Lynparza monotherapy treatment for as long as your doctor advises, as long as you aren't experiencing severe and unmanageable side effects from the treatment¹

Why have I been prescribed Lynparza and abiraterone?

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You have been prescribed Lynparza in combination with abiraterone and either prednisone or prednisolone (a steroid) because you have a certain type of prostate cancer: **metastatic castration-resistant prostate cancer**^{1,2}

Metastatic: your cancer is at an advanced stage and has spread beyond your prostate⁶

Castration-resistant: your cancer is unresponsive to medical or surgical treatments that lower testosterone levels⁵

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You will keep receiving Lynparza treatment for as long as your doctor advises, as long as you aren't experiencing severe and unmanageable side effects from the treatment¹

What is Lynparza?¹



Lynparza is in the form of film-coated tablets that are taken orally. It is a drug that blocks the PARP enzyme, and hence Lynparza is called a PARP inhibitor

The standard dose of Lynparza involves the 150 mg tablets. These are green to green/grey in colour and have OP150 on one side. The 100 mg tablets are also available for when the medical staff believe a lower dose is appropriate. The 100 mg tablets are yellow to dark yellow in colour and have OP100 on one side



What do I need to know before taking Lynparza?

Before taking Lynparza, you should tell your healthcare provider about all of your medical conditions, including if you:^{1,2}

- Have lung or breathing problems
- Have kidney problems
- Have a female partner that could become pregnant or is pregnant
 - Lynparza can harm unborn babies
 - If you are having sex, you should use two effective methods of contraception while taking this medicine and for 3 months after taking the last dose
- Intend to donate sperm. You must not donate sperm while taking Lynparza and for 3 months after taking the last dose

Foods to avoid^{1,2}

- Grapefruit – fruit and juice

These should be avoided as they may affect the way the medicine works

Medicines to avoid²

Medicines for treating infections

- Bacterial infections (including tuberculosis): telithromycin, clarithromycin, erythromycin, rifampicin, rifapentine and rifabutin
- Fungal infections: itraconazole and fluconazole
- Viral infections (including HIV): protease inhibitors enhanced with ritonavir or cobicistat, boceprevir, nevirapine and efavirenz

Medicines for treating high blood pressure and heart disease

- Digoxin, diltiazem, furosemide, verapamil, bosentan (for high blood pressure in the lungs) and valsartan

Medicines for treating diabetes

- Glibenclamide, metformin and repaglinide

Medicines for lowering cholesterol

- Statins, such as simvastatin, pravastatin and rosuvastatin

Medicines for treating depression and mental health problems

- Herbal medications containing St John's wort (*Hypericum perforatum*)
- Pimozide and quetiapine

Medicines for treating pain and gout

- Cancer-induced pain: fentanyl
- Migraines and headaches: ergot alkaloids
- Gout: colchicine

Medicines for treating seizures and epilepsy or to help you sleep

- Phenytoin, carbamazepine and phenobarbital

Blood thinners

- Dabigatran

Medicines to treat stomach problems

- Cisapride

Other medications

- Other medications for treating cancer
- A vaccine or medication (cyclosporin, sirolimus and tacrolimus) that suppresses the immune system – you would need to be closely monitored
- Methotrexate for cancer, rheumatoid arthritis and psoriasis



Tell your doctor, pharmacist or nurse if you are taking, have recently taken or might take any other medicines, including medicines obtained without a prescription and herbal medicines. This is important as Lynparza can affect the way some other medicines work and vice versa. The medicines listed here are not the only ones that could affect Lynparza

How do I store Lynparza?^{1,2}



Please ensure that you store your Lynparza tablets out of the sight and reach of children



Lynparza tablets do not need to be stored at a specific temperature



Please keep your tablets in the packaging that you received them in to protect them from moisture



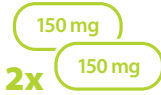
Please note the expiry date and do not take your tablets once this date has passed. The expiry date listed on the packaging refers to the last day of the specified month



Do not dispose of your tablets in wastewater or household waste. Please ask your pharmacist how to dispose of Lynparza properly to help protect the environment

How do I take Lynparza?^{1,7}

The usual daily dose is



Lynparza film-coated tablets twice a day

Take the tablets every morning and evening



Approximately 12 hours apart

Drink a large glass of water with your tablets



You can take your Lynparza tablets with or without food



The 'pop bottle technique' may help you to swallow your tablets whole⁸

1. Fill a plastic bottle with still water; do not use fizzy water
2. Place the tablets on your tongue and close your lips around the bottle, pouting them slightly
3. Make sure no air gets into the bottle
4. Take in a good amount of water by sucking strongly on the bottle to the extent that it becomes compressed
5. With your head tilted back slightly, swallow the water and tablet immediately



It is important that you take Lynparza regularly to ensure successful treatment. Take your entire daily dose as recommended by your doctor every day. Continue taking Lynparza until you are told otherwise



You should take Lynparza exactly as your doctor tells you. Do not take more than the recommended dose in one day. Do not change your dose or stop taking Lynparza unless your doctor tells you to – your doctor will decide how long you should stay on Lynparza and may temporarily stop your treatment or alter your dose if you experience side effects



If you are also receiving hormonal therapies, continue taking this treatment alongside Lynparza unless advised otherwise by your doctor

- Hormonal therapy in prostate cancer is a form of androgen deprivation therapy. In other words, it decreases the amount of testosterone and other sex hormones in your body⁹



It is important that you swallow your tablets whole. Chewing, crushing, breaking them in half or dissolving them may affect how quickly Lynparza gets into your body and starts working

What should I do if I miss a dose of Lynparza?¹

- Take your next dose at the usual, scheduled time
- Do not take an extra dose to make up for the one you missed
- Use a calendar or schedule alerts to remind you to take your tablets

What should I do if I take too much Lynparza?²

- If you accidentally take too much Lynparza, contact your doctor or go to the hospital emergency department immediately
- Please only take the dose prescribed to you by your doctor

What should I do if I have diarrhoea after taking my Lynparza tablets?^{1,7}

- Keep a note of any time that you experience diarrhoea and tell your doctor about it at your next consultation
- If you have a bad case of diarrhoea, please tell your doctor or other medical staff

What are the side effects of Lynparza?



Side effects occur with all medicines, especially with cancer treatments. However, not everyone will get the same symptoms, and each person will have varying symptoms at different points throughout their disease.²

If you experience any side effects, talk to your doctor, pharmacist or nurse. This includes side effects not listed in this booklet²

Your doctor will test your blood every month for the first year of treatment and at regular intervals after that. Your doctor will tell you if there are any changes in your blood test that might need treatment.²



Tell your doctor immediately if you notice any of the following:²

Very common (may affect more than 1 in 10 people)

- Feeling short of breath
- Feeling very tired
- Your skin becomes pale
- You have a faster heartbeat than usual

Uncommon (may affect more than 1 in 100 people)

- Allergic reactions (e.g. hives, difficulty breathing or swallowing, dizziness which are signs and symptoms of hypersensitivity reactions)
- Itchy rash or swollen, reddened skin (dermatitis)

These may be symptoms of a decrease in the number of red blood cells in your blood (anaemia)



Very common (may affect more than 1 in 10 people)

- Nausea or vomiting
- Feeling tired or weak
- Indigestion or heartburn (dyspepsia)
- Loss of appetite
- Headache
- Changes in taste of foods (dysgeusia)
- Feeling dizzy
- Cough
- Shortness of breath
- Diarrhoea (tell your doctor straight away if it gets severe)
- Low white blood cell count (leukopenia or neutropenia) which may decrease your ability to fight infection and may be associated with fever★



Common (may affect up to 1 in 10 people)

- Rash
- Sore mouth (stomatitis)
- Pain in the stomach area under the ribs (upper abdominal pain)
- Decrease in the number of platelets in blood (thrombocytopenia)★
 - You may notice bruising or bleeding for longer than usual if you hurt yourself
- Low white blood cell count (lymphopenia) which may decrease your ability to fight infection and may be associated with fever★
- Increase in blood creatinine – this test is used to check how your kidneys are working★
- Blood clot in a deep vein, usually in the leg (venous embolism) that causes symptoms like pain or swelling of the leg, or a clot in the lungs (pulmonary embolism) that may cause symptoms like shortness of breath, chest pain, rapid breathing or increased heart rate

Other side effects²



Uncommon (may affect up to 1 in 100 people)

- Increase in the size of red blood cells (not associated with any symptoms)[★]



Rare (may affect up to 1 in 1000 people)

- Painful inflammation of the fatty tissue under the skin (erythema nodosum)
- Facial swelling (angioedema)

How can I manage the side effects of Lynparza?

Here are some ideas on how to help manage some of the most common side effects of Lynparza

Diarrhoea^{10,11}



- Eat small, frequent meals and more snacks
- Drink plenty of water and other clear liquids to help prevent dehydration
- Avoid foods high in fibre (e.g. beans or broccoli); try to eat foods that are low in fibre (e.g. white bread)
- Avoid food and drinks that can irritate your stomach (e.g. spicy food, dairy products, alcohol and caffeine)
- Probiotics may be helpful

Nausea and vomiting^{10,12}



- Sit up and rest quietly for at least an hour after eating
- Stay hydrated by drinking plenty of water and other clear, caffeine-free liquids
- Music therapy may be beneficial
- Eat smaller meals more frequently
- Try foods that are cool or at room temperature
- Avoid foods with strong smells and other smells that make you feel sick
- Avoid brushing your teeth just after eating

Anaemia^{13,14}



- Eat foods that are high in iron, including dark green leafy vegetables, beans, meat and fish
- Ask your doctor if there are any medications or supplements that can be used to help treat anaemia

Changes in the way food tastes^{10,15}



- Use plastic cutlery if food tastes metallic
- If your food all tastes the same, try adding strong flavours (e.g. garlic) to your food
- Flavour foods with new herbs and spices
- Marinate or add extra flavours to improve the taste of foods

Fatigue (tiredness or weakness)^{14,16}



- Plan your day ahead of time so you have scheduled resting time throughout your day
- Save the energy you do have for your most important activities
- Try to do some light to moderate exercise everyday, but don't overdo it; exercise at your level and build up more tolerance gradually
- Sharing your feelings in a support group may help you to feel less anxious and provide you with advice from other people in similar situations
- Daytime naps can be helpful, but try to keep these to a maximum of 30 minutes to not disrupt your sleep at night
- Eat a healthy, balanced diet
- Acupuncture or meditation may be beneficial

Loss of appetite^{10,17}



- Eat several smaller meals throughout the day rather than three large ones
- Chew food well and eat slowly
- Have some of your favourite foods stored so you always have something ready for the times that you do feel hungry
- Focus on what you have managed to eat and drink, not what you haven't

Adverse event reporting



If you experience any side effects, talk to your doctor, pharmacist or nurse. This includes side effects not listed in this booklet

Adverse events should be reported. Reporting forms and information can be found at www.mhra.gov.uk/yellowcard or search for MHRA Yellow Card in the Google Play or Apple App Store. Adverse events should also be reported to AstraZeneca by visiting <https://contactazmedical.astrazeneca.com> or by calling 0800 783 0033.

By reporting side effects, you can help provide more information on the safety of this medication

How does Lynparza work?^{1,2,18}



Lynparza is a type of cancer medicine called a PARP inhibitor (poly [adenosine diphosphate-ribose] polymerase inhibitor).



PARP inhibitors can destroy cancer cells that are not good at repairing DNA damage



When Lynparza is used in combination with abiraterone (an androgen receptor signalling inhibitor), the combination may help enhance anti-cancer effect in prostate cancer cells with or without faulty DNA repair genes (e.g., BRCA genes).

How does the combination of Lynparza and abiraterone work?¹⁹



Modelling supports an observation of a possible combined anti-tumour effect when Lynparza is combined with abiraterone, an NHA. This increased action is thought to be due to the drugs each improving the action of the other

What can I do to make living with cancer easier?²⁰⁻²⁴

Diet and healthy eating



Having a balanced, varied diet is essential for overall health, especially during cancer treatment. You should also aim to maintain a healthy weight as it will help you regain strength and have more energy



A balanced varied diet means eating mostly fruit and vegetables, plenty of wholegrains (these include things like brown pasta and wholegrain bread) and healthier sources of protein like fresh chicken, fish or pulses (including lentils and beans)



It's best to cut down on processed and red meat (like bacon, sausages and chicken nuggets), high-calorie foods (including fast food), sugary drinks (including fizzy drinks and energy drinks) and alcohol



A good combination of foods will ensure you are eating plenty of essential vitamins and nutrients; if you are worried that you're not eating enough of them, ask your doctor if a multivitamin is a good option for you. They can also give you more understanding on food types



Making changes to your diet is not always easy, especially while also dealing with cancer treatment. Make changes gradually so that it is easier to eat differently



Physical activity is an important part of your recovery; even just spending less time sitting down and going on a short walk can be beneficial while receiving cancer treatment. An exercise physiologist can provide extra help through advice and support



Increasing your activity can help to reduce fatigue, some treatment side effects, anxiety and depression. It can also improve your mood and quality of life, and strengthen your muscles, bones and joints

The government recommends that each week adults aged 19-64 should:



- Do at least 2 and a half hours of moderate activity (such as dancing or riding a bike) each week, or 1 hour 15 minutes of vigorous activity (such as swimming fast or jogging) each week
- Do strengthening activities (link is external) to help develop and keep muscles strong twice a week (this includes any activity that works your major muscle groups, like lifting weights and carrying children, yoga, or body weight exercises such as push-ups and sit-ups)
- Spend less time sitting or lying down (being sedentary), and try to break up longer periods of inactivity where possible



If your life isn't currently active or you're not used to exercise, you may feel anxious about being able to keep to an active lifestyle; however, being active isn't about intensive workouts. Starting with simple things like going on a short walk or doing some gardening is still beneficial



Remember, even small amounts of activity are better than none - it's fine to build up to the government recommendation over time

Who can I contact for support?

People with cancer can feel isolated and alone with their diagnosis. It may help you to find support and talk about your feelings outside of your circle of family and friends. This could include:



Counselling with a trained professional²⁵



Talking to your doctor. If you feel depressed or anxious, your doctor can prescribe you antidepressant medications that may help you. Make sure you discuss all medicines you are taking with your healthcare team beforehand²⁶



Local support groups – you can find these online or through asking your healthcare staff. The staff can also direct you to other sources of emotional support²⁵



Prostate Cancer UK

<https://prostatecanceruk.org/prostate-information-and-support/get-support>

My treatment diary



This treatment diary is a tool to help you in your treatment journey with Lynparza. It can help you remember the important information about your medicine and keep a record of how your medicine is affecting you

It is a place where you can make notes about how you take your Lynparza, your medical appointments, things you would like to talk with your healthcare team about, and any side effects or new symptoms you experience while taking Lynparza

My treatment details

Some people may find it useful to have the times they take their medication written down. If you would find this helpful, please use this space, including a time in the morning and the evening that are roughly 12 hours apart



Morning:



Evening:

In some cases, your healthcare team may change your dose. For example, if you have kidney problems or if you are taking other medications that may interact with Lynparza. If this happens, you can use this space to keep track and remind yourself of your new dose

Date: _____

Date: _____

Tablets (am) _____

Tablets (am) _____

Tablets (pm) _____

Tablets (pm) _____



Always contact your healthcare team if you have any concerns or questions surrounding your treatment and any side effects you may experience. You can use this space to keep a note of their contact details

Name: _____

Contact number: _____

Name: _____

Contact number: _____

My medical appointments



You will be closely monitored by your healthcare team throughout your treatment journey with Lynparza. This monitoring will likely include physical monitoring and discussing how your medicine makes you feel

You can use these pages to keep track of your medical appointments and remind yourself of anything you'd like to discuss in a specific appointment. There is more space following these pages for writing further, more specific notes that you'd like to remember for your appointments

How to complete this section

Date	Time	Location	With	Notes
10/10/2023	12:30	① Local hospital, outpatient department	② Dr Smith	③ Blood test – wear short sleeves Ask about feeling sick

- ① Your appointment may be in-person or virtual. If your appointment is not in-person, it could be useful to note down that it is a phone call or a video chat
- ② This notes section could be used as a reminder for specific things you need to bring with you to your appointment, things you need to remember about your appointment and anything you want to discuss during your appointment
- ③ Your appointment could be with any member of your healthcare team. It also may not be with a specific member. You could fill this box in with things like 'the community nurse' when you're going for a blood test without a specific member of staff named

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