

ORAL CANCER TREATMENT EDUCATION



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NIRAPARIB

Name of your medication

Generic name — niraparib (nih-RA-puh-rib)
Brand name — Zejula™ (zeh-JOO-luh)

Common uses

Niraparib is used to treat adult patients with advanced or recurrent fallopian tube cancer, ovarian cancer, or primary peritoneal cancer.

Niraparib may also be used for other treatments.

Dose and schedule

Taking niraparib as instructed is important to allow your treatment to be as effective as possible, so here are some key points to remember.

- ☐ Your dose may vary, but the usual dose of niraparib is 300 milligrams (mg) to be taken by mouth once daily. The dose may be adjusted by your care provider based on your individual needs.
- ☐ Niraparib can be taken with or without food but at the same time each day.
- ☐ Taking niraparib at bedtime can decrease the risk of nausea and/or vomiting.
- ☐ Niraparib should be taken whole and not crushed, cut, or dissolved. If you are unable to swallow niraparib, talk to your care provider or pharmacist for possible options.
- ☐ If you miss a dose of niraparib, **do not** take an extra dose or two doses at one time. Simply take your next dose at the regularly scheduled time.
- ☐ Be sure to write down if you miss a dose and let your care team know about any missed doses.

Drug and food interactions

- ☐ Niraparib has many drug interactions. Inform your care providers of all prescription medications, over-the-counter medications, vitamins, and herbal products that you are taking.
- ☐ Talk with your care team or pharmacist before taking new medications or supplements, or receiving any vaccines

Storage and handling

Handle niraparib with care. Just like when chemotherapy is given into the vein, this drug can be toxic, and exposure of the drug to others should be limited.

- ☐ Store niraparib at room temperature (68°F–77°F) in a dry location away from light.
- ☐ Keep niraparib out of reach of children and pets.
- ☐ Leave niraparib in the provided packaging until it is ready to be taken.

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- Whenever possible, give niraparib to yourself and follow the steps below. If a family member, friend, or caregiver needs to give niraparib to you, they also need to follow these steps:
 1. Wash hands with soap and water.
 2. Put on gloves to avoid touching the medication. (Gloves are not necessary if you give the drug to yourself.)
 3. Gently transfer the niraparib from its package to a small medicine or other disposable cup.
 4. Administer the medicine immediately by mouth with water.
 5. Remove gloves and do not use them for anything else.
 6. Throw gloves and medicine cup in household trash.
 7. Wash hands with soap and water.
- If a daily pill box or pill reminder will be used, contact your care team before using:
 - The person filling the box or reminder should wear gloves (gloves are not necessary if you are filling the box or reminder).
 - When empty, the box or reminder should be washed with soap and water before refilling. Be sure to wash hands with soap and water after the task is complete, whether or not gloves are worn.
- If you have any unused niraparib, **do not** throw it in the trash and **do not** flush it down the sink or toilet. Talk to your care provider or pharmacist about proper disposal of niraparib.
- If you are traveling, put your niraparib's packaging in a sealed plastic bag. Ask your pharmacist if any additional travel precautions are needed.

Side Effects of Niraparib

Below are common side effects that have been known to happen in about one third or more of patients taking niraparib are listed on the left side of this table. You **MAY NOT** experience these side effects. Options to help manage any side effects that do occur are included on the right side of this table. These should be discussed with your care provider. If you experience any side effect you cannot manage or that is not listed here, contact your care provider.

Possible Side Effect	Management
Decreased hemoglobin, part of the red blood cells that carry iron and oxygen	Your hemoglobin should be monitored using a blood test. When your hemoglobin is low, you may notice that you get tired or fatigued more easily. • Try to get 7–8 hours of sleep per night. • Avoid operating heavy machinery if you feel too tired. • Find a balance between “work” and “rest.” • Stay as active as possible, but know that it is okay to rest as needed, too. • You might notice that you are more pale than usual. Let your healthcare provider know right away if you experience: • Shortness of breath • Dizziness • Palpitations

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Possible Side Effect	Management
Nausea or vomiting	• Eat and drink slowly. • Drink 8–10 glasses of water or fluid each day unless your care provider has instructed you to limit your fluid intake. • Eat small, frequent meals throughout the day rather than a few large meals. • Eat bland foods; avoid spicy, fried, and greasy foods. • Avoid vigorous exercise immediately after eating. • Don't lay down immediately after eating. • Avoid strong odors. Let your provider know if you experience nausea or vomiting. Your provider may prescribe medication that can help.
Decreased platelet count and increased risk of bleeding	Your platelets should be monitored by a simple blood test. When they are low, you may bruise or bleed more easily than usual. • Use caution to avoid bruises, cuts, or burns. • Blow your nose gently and do not pick your nose. • Brush your teeth gently with a soft toothbrush and maintain good oral hygiene. • When shaving, use an electronic razor instead of razor blades. • Use a nail file instead of nail clippers. Call your care provider if you have bleeding that won't stop. Examples include: • A bloody nose that bleeds for more than five minutes despite pressure • A cut that continues to ooze despite pressure • Gums that bleed excessively when you floss or brush Seek medical help immediately if you experience any severe headaches, blood in your urine or stool, coughing up blood, or prolonged and uncontrollable bleeding. You may need to take a break or “hold” your medication for medical or dental procedures. Talk to your care provider or dentist before any scheduled procedures.
Fatigue	You may be more tired than usual or have less energy. • Stay as active as possible, but know it is okay to rest as needed. • Try to do some activity every day. • Plan your activities, and do them at a time of day when you feel a bit more energetic. • Avoid operating heavy machinery if you feel too tired.

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Possible Side Effect	Management
Decreased white blood cells (WBCs) and increased risk for infection	Your WBCs should be monitored by a simple blood test. When your WBCs are low, you are at a greater risk of having an infection. Take the following precautions to protect yourself from infection. • Wash your hands often, especially before eating and after using the bathroom. • Avoid crowds and people with fevers, flu, or other infection. • Bathe regularly to keep good personal hygiene. Contact your care provider if you experience any signs or symptoms of an infection such as: • Fever (temperature more than 100.4°F or 38°C) • Chills • Sore throat • Burning with urination • Unusual tiredness • A sore that becomes red, is draining, or does not heal Check with your care provider before taking any medicine for a fever or chills.
Constipation	Monitor how many bowel movements you have each day. • Drink 8–10 glasses of water or fluid each day unless your care provider has instructed you to limit your fluid intake. • Stay active and exercise, if possible. • Eat foods high in fiber like raw fruits and vegetables. Contact your care provider if you have not had a bowel movement in three or more days. Your care provider may recommend over-the-counter medications to help with your constipation. A daily stool softener such as docusate (Colace®) and/or laxative such as senna (Senakot®) may be helpful. If these do not help within 48 hours, tell your provider.
Changes in liver function	Your liver function will be checked periodically by a simple blood test. Contact your care provider if you notice any of the following: • Yellowing of the skin or whites of your eyes • Dark or brown urine • Unusual bleeding or bruising
Abdominal pain	Abdominal pain or discomfort may occur. Report any serious pain or symptoms to your care provider immediately.

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Possible Side Effect	Management
Changes in electrolytes and other laboratory values - Decreased magnesium levels - Increased glucose levels	Changes in some lab values may occur and will be monitored by a simple blood test. - You may not feel any symptoms if the changes are mild, and they usually are not a sign of a serious problem. - More severe changes may occur, which can be a sign of a serious problem. Notify your care provider if you have any of the following: - Shortness of breath - Chest discomfort - Weakness or fatigue - Headaches - Dizziness - Increased thirst or hunger - Increased urination
Changes in kidney function	Your kidney (renal) function will be checked periodically by a simple blood test. Contact your care provider if you notice any of the following: - Decreased amount of urination - Unusual swelling in your legs and feet
Muscle or joint pain or weakness	- Keep a diary of your pain, including a description of when and where the pain is occurring, what it feels like, and how long it lasts. - Stay as active as possible, but know that it is okay to rest as needed, too. - Tell your care provider if pain interferes with your activity. If the pain or weakness bothers you, ask your provider how you may ease this discomfort. Take pain medication only that has been prescribed or recommended by your care provider.

Serious side effects of niraparib

- ☐ Niraparib may increase your risk for certain blood cancers. Be sure to alert your physician if you notice any abnormal bruising or bleeding.
- ☐ You may have a mild to moderate rise in blood pressure while taking niraparib. Take your blood pressure on a regular basis and let your doctor know of any big increases in blood pressure. Seek medical attention right away if you have any chest pain or tightness.
- ☐ There is a low risk that you may develop a rare condition called posterior reversible leukoencephalopathy syndrome (PRES) while taking niraparib. Seek care immediately if you have severe headaches, seizures, confusion, or changes in vision.
- ☐ Niraparib contains FD&C Yellow No. 5, which can cause an allergic reaction in a small percentage of the population. Inform your physician if you had a previous reaction to aspirin or to another product containing FD&C Yellow No. 5.

If you experience ANY uncontrolled side effect, call your physician or healthcare center immediately:

(INSTITUTIONAL CONTACT INFO)

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Handling body fluids and waste

Niraparib remains in your body for several days after it is taken, so some of the drug may be present in urine, stool, sweat, or vomit. Once you have started to take niraparib, it is important to follow the instructions below every day for as long as your treatment lasts. This will keep yourself, loved ones, and the environment as safe as possible.

- ☐ Pregnant women should avoid touching anything that may be soiled with body fluids from the patient.
- ☐ Toilet and septic systems
 - You may use the same toilet, septic tank, and/or sewer that you usually use. If you have a low-flow toilet, close the lid and flush twice to ensure all waste has been discarded.
 - If the toilet or toilet seat becomes soiled with urine, stool, or vomit, clean the surfaces before other people use the toilet.
 - Wash hands with soap and water after using the toilet.
- ☐ If you need a bedpan, be sure your caregiver knows to wear gloves to assist with cleanup and to wash the bedpan with soap and water every day.
- ☐ If you do not have good control of bladder or bowels, use a disposable pad with a plastic back, a diaper, or a sheet to absorb body waste.
- ☐ Wash any skin that has been exposed to body waste or niraparib with soap and water.
- ☐ Linens or clothing that are soiled with body fluids or body waste should be washed separately from other linens and clothing. If you do not have a washer, place the soiled linens in a plastic bag until they can be washed.
- ☐ Wash hands with soap and water after touching linens or clothing that may be soiled with body fluids.

Pregnancy, sexual activity, and contraception

- ☐ Women should not become pregnant and men should not get a partner pregnant while taking niraparib. Men and women of childbearing age and potential should use effective contraception during therapy and for a minimum of 6 months after the last dose of niraparib.
- ☐ Effective contraception could include 1 or more of the following: oral contraceptive, barrier methods, etc.
- ☐ Do not breastfeed while taking niraparib and for 1 month after the last dose of niraparib.
- ☐ Inform your care provider if you become pregnant.
- ☐ It is safe to hug and kiss. Special precautions may be needed for sexual activity while on niraparib, and you are encouraged to ask your care provider.

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Obtaining medication

Talk with your care provider about how to obtain your niraparib.

(PHARMACY OR SPECIALTY PHARMACY CONTACT INFO)

Additional resources

Product website: <http://zejula.com>

Product prescribing information:

Capsules: https://gskpro.com/content/dam/global/hcpportal/en_US/Prescribing_Information/Zejula_Capsules/pdf/ZEJULA-CAPSULES-PI-PIL.PDF

Tablets: https://gskpro.com/content/dam/global/hcpportal/en_US/Prescribing_Information/Zejula_Tablets/pdf/ZEJULA-TABLETS-PI-PIL.PDF

Product resources: <https://www.zejula.com/en/hcp/patient-resources>

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Additional instructions

Important notice: The Association of Community Cancer Centers (ACCC), Hematology/Oncology Pharmacy Association (HOPA), National Community Oncology Dispensing Association, Inc. (NCODA), and Oncology Nursing Society (ONS) have collaborated in gathering information for and developing this patient education guide. This guide represents a brief summary of the medication derived from information provided by the drug manufacturer and other resources. This guide does not cover all existing information related to the possible uses, directions, doses, precautions, warnings, interactions, adverse effects, or risks associated with this medication and should not substitute for the advice of a qualified healthcare professional. Provision of this guide is for informational purposes only and does not constitute or imply endorsement, recommendation, or favoring of this medication by ACCC, HOPA, NCODA, or ONS, who assume no liability for and cannot ensure the accuracy of the information presented. The collaborators are not making any representations with respect to the medications whatsoever, and any and all decisions, with respect to such medications, are at the sole risk of the individual consuming the medication. All decisions related to taking this medication should be made with the guidance and under the direction of a qualified healthcare professional.

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