

Olaparib, Abiraterone, and Prednisone

Care Team Contact Information: _____

Pharmacy Contact Information: _____

Diagnosis: _____

- This treatment is often used for certain types of prostate cancer, but it may also be used for other diagnoses.
- Your care team will perform a test for certain types of homologous recombination repair (HRR) gene to make sure that treatment is right for you.

Goal of Treatment: _____

- Treatment may continue until it no longer works or until side effects are no longer controlled.

Treatment Regimen

Treatment Name	How the Treatment Works	How the Treatment is Given
Olaparib (oh-LA-puh-rib): Lynparza (lin-PAR-zuh)	Slows down or stops the growth of cancer cells by blocking a specific protein that helps them survive.	Tablets taken by mouth.
Abiraterone (A-bih-RA-teh-rone): Zytiga (zy-TEE-guh)	Slows down or stops the growth of cancer cells by lowering levels of certain hormones in the body.	Tablets taken by mouth.
Prednisone (PRED-nih-sone)	Prevents side effects like high blood pressure, low potassium, and fluid retention that can result from abiraterone blocking the body's natural hormones.	Tablet(s) taken by mouth.

Treatment Administration and Schedule:

Your olaparib, abiraterone, and prednisone dosing instructions:

- Do not change or stop taking any of your treatment without talking with your care team first.
- Swallow tablets whole. Do NOT chew, crush, dissolve, or divide the tablets.
- If you miss a dose, take your next dose at your usual scheduled time. Do NOT take an extra dose to make up for a missed dose.
- If you take more than your prescribed dose, call your care team or go to the nearest hospital emergency room right away.

Treatment Administration and Schedule (Continued):

Olaparib

- Olaparib comes in 2 tablet strengths: 100 mg and 150 mg.
- Take olaparib by mouth 2 times a day **with or without food**.
- Each dose should be taken about 12 hours apart, around the same time every day.
- Your dose may differ, but the usual olaparib dose is 300 mg (two 150 mg tablets) by mouth twice daily.

Abiraterone

- Abiraterone comes in 2 tablet strengths: 250 mg and 500 mg.
- Take abiraterone by mouth 1 time a day **on an empty stomach**. Do NOT eat food 2 hours before and 1 hour after taking abiraterone.
 - Taking abiraterone with food may cause more of the medicine to be absorbed by the body than is needed and this may cause side effects.
- Take abiraterone with water.
- Your dose may differ, but the usual abiraterone dose is 1000 mg (four 250 mg tablets or two 500 mg tablets) by mouth once daily.

Prednisone

- Take prednisone by mouth 2 times a day **with food** and a glass of water.
- If possible, take your evening dose of prednisone before 6 P.M. This can help prevent problems with falling asleep.
- Your dose may differ, but the usual prednisone dose is 5 mg by mouth twice daily.

Treatment Name	Food Instructions	Example of a Week of Treatment						
		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Abiraterone	Without Food	✓	✓	✓	✓	✓	✓	✓
Olaparib AM Dose	With or Without Food	✓	✓	✓	✓	✓	✓	✓
PM Dose	With or Without Food	✓	✓	✓	✓	✓	✓	✓
Prednisone AM Dose	With Food	✓	✓	✓	✓	✓	✓	✓
PM Dose	With Food, Before 6 PM	✓	✓	✓	✓	✓	✓	✓

Storage and Handling of Olaparib, Abiraterone, and Prednisone

- Store your treatment at room temperature, between 68°F to 77°F (20°C to 25°C), in a dry place away from light.
- Store olaparib in the original bottle to protect it from moisture.
- Abiraterone can cause harm to an unborn baby and loss of pregnancy (miscarriage). People who are or may become pregnant should wear gloves when handling abiraterone.
- Keep your treatment and all medicines out of the reach of children and pets.
- Ask your care team how to safely throw away any unused treatment.

Appointments: Appointments may include regular check-ups with your care team, lab visits, and imaging tests. It's important to keep your appointments whenever you can. If you miss any appointments, call your care provider as soon as possible to reschedule your appointment.

Supportive Care to Prevent and Treat Side Effects

Description	Supportive Care Taken at Home
To help prevent or treat nausea and vomiting	
Other	

Common Side Effects

Side Effect	Important Information
Low Red Blood Cell (RBC) Count and Hemoglobin (Hgb)	Description: RBCs and Hgb help bring oxygen to your body's tissues and take away carbon dioxide. If you have low RBC counts or Hgb, you may feel weak, tired, or look pale. Recommendations: • Get 7 to 8 hours of sleep each night. • Avoid operating heavy machinery when tired. • Balance work and rest, staying active but resting when needed. Talk to your care team if you have: • Shortness of breath • Dizziness • Fast or abnormal heartbeats • Severe headache
Fatigue	Description: Fatigue is a constant and sometimes strong feeling of tiredness. Recommendations: • Routine exercise has been shown to decrease levels of fatigue. Work with your care team to find the right type of exercise for you. • Ask your family and friends for help with daily tasks and emotional support. • Try healthy ways to feel better, like meditation, writing in a journal, doing yoga, and using guided imagery to lower anxiety and feel good. • Make a regular sleep schedule and limit naps during the day so you can sleep better at night, aiming for 7 to 8 hours of sleep. • Don't use heavy machines or do things that need your full attention if you're very tired to avoid accidents. Talk to your care team if you have: • Tiredness that affects your daily life • Tiredness all the time, and it doesn't get better with rest • Dizziness and weakness, along with being tired
Nausea and Vomiting	Description: Nausea is an uncomfortable feeling in your stomach or the need to throw up. This may or may not cause vomiting. Recommendations: • Eat smaller, more frequent meals. • Avoid fatty, fried, spicy, or highly sweet foods. • Eat bland foods at room temperature and drink clear liquids. • If you vomit, start with small amounts of water, broth, or other clear liquids when you are ready to eat again. If that stays down, then try soft foods (such as gelatin, plain cornstarch pudding, yogurt, strained soup, or strained cooked cereal). Slowly work up to eating solid food. • Your care team may prescribe medicine for these symptoms. Talk to your care team if you have: • Vomiting for more than 24 hours • Vomiting that's nonstop • Signs of dehydration (like feeling very thirsty, having a dry mouth, feeling dizzy, or having dark urine) • Blood or coffee-ground-like appearance in your vomit • Bad stomach pain that doesn't go away after vomiting

Muscle or Joint Pain	Description: Muscle pain feels like soreness, aches, cramps, or stiffness in one or more muscles. It may also include tenderness or weakness. Joint pain happens where two bones come together and can feel sharp, dull, throbbing, or burning. It often causes stiffness, swelling, and difficulty moving. Recommendations: - Track your pain levels, areas of discomfort, and any activities that worsen or improve your symptoms. - Engage in gentle exercises like walking, stretching, or yoga to maintain mobility and strength, but consult your care team before starting any new exercise routine. - Apply a warm compress to relax stiff muscles or use cold packs to reduce swelling and numb pain in affected areas. - Your care team may prescribe or recommend medications, including over-the-counter pain relievers. Talk to your care team if you have: - Uncontrolled muscle or joint pain - Swelling, redness, or warmth in the joints - Weakness - Difficulty walking or moving
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Select Rare Side Effects

Side Effects	Talk to Your Care Team if You Have Any of These Signs or Symptoms	
Mineralocorticoid Excess	Abiraterone can cause high amounts of certain hormones called “mineralocorticoids”. This can lead to side effects like high blood pressure, low blood potassium levels, fluid retention, and irregular heartbeats. To decrease the chance of these happening, take prednisone with abiraterone exactly as your care team tells you. • High Blood Pressure • Dizziness • Confusion • Fast or irregular heartbeats • Muscle weakness • Feel faint or lightheaded • Pain in your legs • Headache • Swelling in your legs or feet	
Adrenal Problems	Adrenal problems may happen if you stop taking prednisone, get an infection, or are under stress. • Fatigue • Muscle weakness • Weight loss • Decreased appetite • Low blood pressure • Dizziness • Salt craving • Nausea • Vomiting • Changes in mood • Darkening of the skin • Stomach-area (abdominal) pain	
Lung Problems	• Cough • Shortness of breath • Chest pain	
Liver Problems	• Yellowing of your skin or the whites of your eyes • Severe nausea or vomiting, pain on the right side of your stomach area (abdomen) • Dark urine (tea colored) • Bleeding or bruising more easily than normal	
Blood clots in your veins or arteries	• Chest pain or pressure • Swelling or pain in your arms, back, neck, or jaw • Shortness of breath • Numbness or weakness on one side of your body • Trouble talking • Headache • Vision changes	
Bone marrow problems called Myelodysplastic Syndrome (MDS) or Acute Myeloid Leukemia (AML)	Symptoms of low blood cell counts are common during treatment with olaparib, but can be a sign of serious bone marrow problems, including MDS or AML. Symptoms may include: • Weakness • Weight loss • Fever • Frequent infections • Blood in urine or stool • Shortness of breath • Feeling very tired • Bruising or bleeding more easily	

Before starting treatment, ask your care team when to call 9-1-1 or seek emergency help.
If you experience any new, worsening, or uncontrolled side effects, contact your care team immediately.

Intimacy, Fertility, and Pregnancy

- Treatment may **change how you feel about intimacy and your body**. However, physical closeness—such as holding hands and hugging—remains safe. It is common to have questions about intimacy. If needed, talk to your care team for guidance.
- Treatment can affect your **ability to have children**. It may damage your reproductive organs or stop them from working. If you are worried about fertility, talk to your care team before starting treatment.
- Treatment may **harm an unborn baby**.
 - If your partner(s) could become pregnant, use an effective method of birth control—such as condoms—during treatment, for 3 weeks after your last dose of abiraterone, and for 3 months after your last dose of olaparib
 - Do not donate sperm during treatment and for 3 months after your last dose of olaparib.

Additional Information

- **Tell your care team about all the medicines you take.**
This includes prescriptions, over-the-counter drugs, vitamins, and herbal products. Before starting any new medicine, supplement, or vaccine, ask your care team first.
- **Avoid grapefruit, grapefruit juice, Seville oranges, and Seville orange juice** during treatment since they may increase the level of olaparib in your blood.
- **If you are receiving gonadotropin-releasing hormone (GnRH) analog therapy, you should continue with this treatment** during your treatment with olaparib, abiraterone, and prednisone unless you have had a surgery to remove both of your testicles to lower the amount of testosterone in your body.
- **Severe low blood sugar with abiraterone can happen in people who have diabetes and take certain antidiabetic medicines.**
You and your care team should check your blood sugar levels regularly during treatment with abiraterone and after you stop treatment. Your care team may also need to change the dose of your antidiabetic medicines.
- **This Patient Education Sheet may not describe all possible side effects.**
Call your healthcare provider for medical advice about side effects. You may report side effects to the FDA at 1-800-FDA-1088.

Notes

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Scan the QR code below to access this education sheet.



Important notice: The Association of Cancer Care Centers (ACCC), Hematology/Oncology Pharmacy Association (HOPA), Network for Collaborative Oncology Development & Advancement, 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.

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PES-522