



PARP INHIBITORS WHAT YOU NEED TO KNOW

What are PARP Inhibitors?

PARP inhibitors (PARPi) are a class of drugs used in the treatment of ovarian cancer. They are often used after the cancer has responded to previous treatments with platinum-based chemotherapy.

Some PARPi are used in women who have known genetic mutations such as BRCA. PARPi stop cancer cells from repairing damage to their DNA, which helps kill the cancer cells.

What should I do before I have this medication?

Tell your health care team if you have any history of medical conditions affecting your lungs, have a history of smoking or any known allergies.

PARPi may cause changes in your blood tests. Long-term side effects of taking this medication may include changes to your blood work and a very small risk of developing a new cancer as a result of treatment. While this is extremely rare (<1%), your doctor will test your blood every month for the first year to ensure that you tolerate the medication well and every three months thereafter. Your doctor will review the blood test results and inform you of any changes and how to manage them.

How is this medication given?

PARPi are often given as oral capsules/tablets that you take as prescribed. If you miss a dose, take your next dose at the usual time. Do not double the medication to make up for a missed dose.



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SIDE EFFECTS AND WHAT TO DO ABOUT THEM

Nausea and vomiting

May occur hours to days after treatment begins.

Management:

- ▶ Take nausea medication as prescribed.
- ▶ Drink clear fluids and have small meals.
- ▶ Limit caffeine and alcohol intake.

If vomiting does not stop, please seek medical attention, and/or go to the emergency department.

Fatigue (tiredness)

- ▶ Be active, try to get 30 minutes of moderate exercise on most days.
- ▶ Eat well and drink plenty of fluids.

Abnormal kidney lab tests

- ▶ Signs of kidney problems include swelling, passing very little urine or new or unusual weight gain.
- ▶ Your doctor will check your kidney function regularly.

If you have any of these signs, please seek medical attention, and/or go to the emergency department.

Diarrhea

- ▶ This may happen days to weeks after you start your treatment.
- ▶ Take anti-diarrhea medication (Imodium) if advised by your health care team.
- ▶ Avoid artificially sweetened foods and drinks, caffeinated and alcoholic beverages.
- ▶ Eat small more frequent meals with low fibre.
- ▶ Drink at least 6-8 cups of fluids per day.

If diarrhea is liquid and does not stop, please seek medical attention, and/or go to the emergency department.

Low appetite

- ▶ Try eating foods you like in small amounts during the day.
- ▶ You may need meal supplements such as Resource/Ensure.
- ▶ Talk to your health care team regarding options.

Constipation

To help prevent constipation:

- ▶ Drink 6-8 cups of fluid per day.
- ▶ Be active; exercise helps keep you regular.
- ▶ Try to eat more fibre.
- ▶ Take laxatives as prescribed by your health care team.

Headache, mild joint, muscle pain or cramps

- ▶ Take pain medication as prescribed by your health care team, and/or
- ▶ You may take Tylenol for mild aches and pains.
Contact your health care team before taking Advil/Aleve/ASA as they may increase bleeding risk.

Pains or cramps in belly

- ▶ Constipation/diarrhea may cause abdominal pain.
If pain is severe or does not go away, seek medical attention, and/or go to the emergency department.

Cough; feeling short of breath

- ▶ If new and suddenly severe, *seek medical attention and/or go to the emergency department.*

Heartburn

- ▶ Avoid fatty or spicy foods.
- ▶ Sit up for 30 minutes after eating to prevent reflux.
- ▶ Drink clear fluids (avoid coffee/tea/alcohol) and eat small meals.
- ▶ You may take antacids if required to control.

Fever, chills, infection

- ▶ You have a fever or your temperature is: **38.3C (100.9F) or higher** at any time OR;
- ▶ **38C (100.4F) or higher** for at least one hour *seek medical attention and/or go to the emergency department.*



OTHER IMPORTANT INFORMATION TO KNOW WHILE ON PARPi MEDICATION

PARPi can interact with other medications which can make them less effective or cause side effects.

Make sure that your health care team knows about ALL medications you take including prescription, and over the counter vitamins and supplements.

This will help avoid possible drug interactions.

- 1 If you have been prescribed any new medication, especially antibiotics, please check with your health care team before starting them.
- 1 Do not eat or drink grapefruit, starfruit, Seville oranges or their juices while on this medication.
- 1 For mild aches and pains you may use acetaminophen (Tylenol). Please talk to your health care team before starting any medication such as Ibuprofen (Advil, Motrin), Naproxen (Aleve) or Aspirin (acetylsalicylic acid, ASA) as these may increase your chance of bleeding. If you are already taking ASA for a heart condition, please do not stop taking it until you have reviewed this with your health care provider.
- 1 Drinking alcohol and smoking may increase some side effects and make your medications less effective. Speak with your health care team about smoking and drinking alcohol during treatment.