To get the most from LYNPARZA, it’s important to talk to your health care provider about managing side effects. Be sure to keep track of any side effects you experience while taking LYNPARZA and share them with your health care team.

These tips are not intended to take the place of your health care provider’s advice—you should always talk with him or her first.

Please see Important Safety Information located at the end of this brochure and complete Prescribing Information, including Patient Information (Medication Guide).
Getting the most out of your treatment for gBRCA-mutated, HER2-negative metastatic breast cancer

Working with your health care team to manage side effects is an important part of your treatment journey. Side effects occur because cancer treatments affect both cancer cells and healthy cells that are rapidly growing and dividing, including cells in your mouth, intestines, and blood. In this brochure, you’ll find information about some common side effects of oral treatment for metastatic breast cancer and tips for helping to manage them.

QUESTIONS FOR YOUR HEALTH CARE TEAM

Your health care provider and health care team are your best resources for learning about the specific side effects of the medicines you take for your cancer. Here are some examples of questions you can ask them to better understand your medicine:

• What are the common side effects of my medicine?
• What advice can you provide about preventing and managing side effects?
• Are there any symptoms I should keep track of?
• Should I take my medicine after I eat or on an empty stomach?
• Are there any foods or activities I should avoid?
• What problems or symptoms should I report to my health care team?

WHAT IS LYNPARZA?

LYNPARZA is a prescription medicine used to treat adults who have a certain type of abnormal inherited BRCA gene, human epidermal growth factor receptor 2 (HER2)-negative breast cancer that has spread to other parts of the body (metastatic). You should have received chemotherapy medicines, either before or after your cancer has spread. If you have hormone receptor (HR)-positive disease, you should have been treated with hormonal therapy. Your health care provider will perform a test to make sure that LYNPARZA is right for you.

It is not known if LYNPARZA is safe and effective in children.
TAKING YOUR ORAL MEDICINE

It’s important that you’re comfortable when taking your oral medicine, so you can stay on treatment for as long as your health care provider recommends. Below are some suggestions to help you take your oral medicine:

• Place the pill on the back of your tongue, and tilt your head back when swallowing
• Drink plenty of water to moisten your throat
• Take your pill while in a sitting position
• Use calendars or schedules to remind you when to take your medicine
• Use a pillbox to help organize the doses of your medicine

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Common side effects and how your health care team might manage them

These side effects have the potential to become severe.

**ANEMIA**

If you are experiencing anemia:

• First, discuss this side effect with your health care provider

• Eat foods that are high in iron, including leafy vegetables, sweet potatoes, prunes, beans, meat, and fish

• Ask your health care provider if there are any medications or supplements that can be used to treat anemia

**FATIGUE**

If you notice any changes in your energy levels:

• First, discuss this side effect with your health care provider

• Take short naps and break for rest as needed

• Schedule activities that require the most energy throughout the day, rather than all at once

• Talk to your health care provider about starting an exercise program to reduce fatigue

• Try to eat foods that contain protein, such as fish, meat, eggs, cheese, or nuts

For more information about LYNPARZA® (olaparib), visit LYNPARZA.com/mBC

**SELECT SAFETY INFORMATION**

LYNPARZA may cause serious side effects, including:

Bone marrow problems called Myelodysplastic Syndrome (MDS) or Acute Myeloid Leukemia (AML). Some people who have breast cancer and who have received previous treatment with chemotherapy, radiotherapy, or certain other medicines for their cancer have developed MDS or AML during treatment with LYNPARZA. MDS or AML may lead to death. If you develop MDS or AML, your health care provider will stop treatment with LYNPARZA.

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DIARRHEA
If you are experiencing diarrhea:
• First, discuss this side effect with your health care provider
• Avoid laxatives and stool softeners
• Eat small, frequent meals
• Ask your health care provider which foods you should eat—he or she may recommend additional dietary changes
• Drink plenty of water and other clear liquids to help prevent dehydration
• Avoid foods high in fiber (such as whole wheat), drinks with sugar, very hot or very cold drinks, milk products, alcoholic beverages, and spicy foods

NAUSEA AND VOMITING
If you are experiencing nausea or vomiting:
• First, discuss this side effect with your health care provider
• Ask your health care provider if there are any medications or therapies to help prevent these symptoms or manage them when they arise
• Try sitting up or reclining with your head raised for at least an hour after eating if you need to rest
• Stay hydrated by drinking plenty of water and other caffeine-free, clear liquids
• Eat foods that are easy on your stomach (such as clear broth or toast)
• Plan when it is best for you to eat, such as before you take your medicine, and eat only what appeals to you

You should also consider
• Listening to soothing music or guided imagery to help relax your muscles
• Eating smaller meals
• Trying foods that are cool or at room temperature
• Avoiding foods with strong odors and other smells that make you feel sick to your stomach
• Wearing loose-fitting, comfortable clothing
• Rinsing your mouth after vomiting
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IMPORTANT SAFETY INFORMATION

LYNPARZA may cause serious side effects, including:

Bone marrow problems called Myelodysplastic Syndrome (MDS) or Acute Myeloid Leukemia (AML). Some people who have breast cancer and who have received previous treatment with chemotherapy, radiotherapy, or certain other medicines for their cancer have developed MDS or AML during treatment with LYNPARZA. MDS or AML may lead to death. If you develop MDS or AML, your health care provider will stop treatment with LYNPARZA.

Symptoms of low blood cell counts are common during treatment with LYNPARZA, 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.

Your health care provider will do blood tests to check your blood cell counts:

• before treatment with LYNPARZA
• every month during treatment with LYNPARZA
• weekly if you have low blood cell counts that last a long time. Your health care provider may stop treatment with LYNPARZA until your blood cell counts improve.

Lung problems (pneumonitis). Tell your health care provider if you have any new or worsening symptoms of lung problems, including shortness of breath, fever, cough, or wheezing. Your health care provider may do a chest x-ray if you have any of these symptoms. Your health care provider may temporarily or completely stop treatment if you develop pneumonitis. Pneumonitis may lead to death.

Before taking LYNPARZA, tell your health care provider about all your medical conditions, including if you:

• have lung or breathing problems
• have kidney problems
• are pregnant, become pregnant, or plan to become pregnant. LYNPARZA can harm your unborn baby and may cause loss of pregnancy (miscarriage).
  ◦ If you are able to become pregnant, your health care provider may do a pregnancy test before you start treatment with LYNPARZA.
  ◦ Females who are able to become pregnant should use effective birth control (contraception) during treatment with LYNPARZA and for 6 months after the last dose of LYNPARZA. Talk to your health care provider about birth control methods that may be right for you.
  ◦ Males with female partners who are pregnant or able to become pregnant should use effective birth control (contraception) during treatment with LYNPARZA and for 3 months after the last dose of LYNPARZA.
  ◦ Do not donate sperm during treatment with LYNPARZA and for 3 months after your final dose.
• are breastfeeding or plan to breastfeed. It is not known if LYNPARZA passes into your breast milk. Do not breastfeed during treatment with LYNPARZA and for 1 month after receiving the last dose of LYNPARZA. Talk to your health care provider about the best way to feed your baby during this time. Tell your health care provider right away if you become pregnant.

Tell your health care provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements. Taking LYNPARZA and certain other medicines may affect how LYNPARZA works and may cause side effects.

How should I take LYNPARZA?
• Take LYNPARZA tablets exactly as your health care provider tells you
• Your health care provider may temporarily stop treatment with LYNPARZA or change your dose of LYNPARZA if you experience side effects
• Do not take more than 4 LYNPARZA tablets in 1 day
• Take LYNPARZA by mouth 2 times a day
• Each dose should be taken about 12 hours apart
• Swallow LYNPARZA tablets whole. Do not chew, crush, dissolve, or divide the tablets
• Take LYNPARZA with or without food
• If you miss a dose of LYNPARZA, 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 too much LYNPARZA, call your health care provider or go to the nearest hospital emergency room right away

What should I avoid while taking LYNPARZA?
Avoid grapefruit, grapefruit juice, Seville oranges, and Seville orange juice during treatment with LYNPARZA since they may increase the level of LYNPARZA in your blood.

LYNPARZA may cause serious side effects (see above). The most common side effects of LYNPARZA are:
• nausea or vomiting. Tell your health care provider if you get nausea or vomiting. Your health care provider may prescribe medicines to treat these symptoms
• low number of red or white blood cells
• tiredness or weakness
• sore throat or runny nose
• diarrhea
• joint, muscle, and back pain
• headache
• constipation
• changes in the way food tastes
• loss of appetite
• mouth sores
• respiratory infections
• changes in kidney function blood test
• low number of platelets
• indigestion or heartburn

These are not all the possible side effects of LYNPARZA. Call your health care provider for medical advice about side effects.

You may report side effects related to AstraZeneca products by clicking here.

Please see complete Prescribing Information, including Patient Information (Medication Guide).