TIPS FOR MANAGING YOUR TREATMENT

Get the most from your ovarian cancer treatment by talking to your doctor about managing side effects.

Please see Important Safety Information located in this brochure and click here for complete Prescribing Information, including Patient Information (Medication Guide).

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.

WHAT IS LYNPARZA?
LYNPARZA is a prescription medicine used to treat adults who have:
- advanced ovarian cancer, fallopian tube cancer, or primary peritoneal cancer with a certain type of inherited (germline) or acquired (somatic) abnormal BRCA gene. LYNPARZA is used as maintenance treatment after the cancer has responded to your first treatment with platinum-based chemotherapy. Your healthcare provider will perform a test to make sure that LYNPARZA is right for you
- ovarian cancer, fallopian tube cancer, or primary peritoneal cancer, as maintenance treatment, when the cancer has come back. LYNPARZA is used after the cancer has responded to treatment with platinum-based chemotherapy
- advanced ovarian cancer with a certain type of abnormal inherited BRCA gene, and have received treatment with 3 or more prior types of chemotherapy medicines. Your healthcare 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.

SELECT SAFETY INFORMATION
LYNPARZA has serious risks that may lead to death. Tell your doctor about any weaknesses, weight loss, fever, frequent infections, blood in urine or stool, shortness of breath, feeling very tired, bruising or bleeding more easily, and about any new or worsening lung problems, including cough and wheezing.

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Getting the most out of your ovarian cancer treatment

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 ovarian 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/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 call my health care team about?

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 ovarian cancer or 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 healthcare provider will stop treatment with LYNPARZA.
Common side effects and how your health care team might manage them

NAUSEA AND VOMITING
These side effects have the potential to become severe. If you are experiencing nausea or vomiting:

- First, discuss the 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

SELECT SAFETY INFORMATION
Bone marrow problems called Myelodysplastic Syndrome (MDS) or Acute Myeloid Leukemia (AML). CONT’D

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 healthcare 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 healthcare provider may stop treatment with LYNPARZA until your blood cell counts improve
DIARRHEA
This side effect has the potential to become severe. If you are experiencing diarrhea:
• First, discuss the 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

LOSS OF APPETITE
If you are experiencing a loss of appetite:
• First, discuss the side effect with your health care provider
• Eat several small meals or snacks throughout the day—small meals can be easier to manage than large meals
• Try to eat high-calorie, high-protein snack foods when you can
• Note which times of the day you are at least a little hungry and eat at those times
• Exercise lightly or take a short walk before you eat to stimulate your appetite

CHANGE IN SENSE OF TASTE (DYSGEUSIA)
If you notice any changes in your sense of taste:
• First, discuss the side effect with your health care provider
• Try using plastic flatware and glass cups and plates
• Freeze fruits, such as grapes and cantaloupes, and eat them as frozen treats
• Try flavoring foods with new herbs or spices

For more information about LYNPARZA, visit LYNPARZA.com.
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
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- ovarian cancer, fallopian tube cancer, or primary peritoneal cancer, as maintenance treatment, when the cancer has come back. LYNPARZA is used after the cancer has responded to treatment with platinum-based chemotherapy.
- advanced ovarian cancer with a certain type of abnormal inherited BRCA gene, and have received treatment with 3 or more prior types of chemotherapy medicines.

Your healthcare 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.

IMPORTANT SAFETY INFORMATION
LYNPARZA may cause serious side effects, including:

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Your healthcare provider will do blood tests to check your blood cell counts:
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- weekly if you have low blood cell counts that last a long time. Your healthcare provider may stop treatment with LYNPARZA until your blood cell counts improve

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

Before taking LYNPARZA, tell your healthcare provider about all of 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 healthcare 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 healthcare provider about birth control methods that may be right for you. Tell your healthcare provider right away if you become pregnant
- 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 healthcare provider about the best way to feed your baby during this time
Tell your healthcare 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 healthcare provider tells you
- Do not change your dose or stop taking LYNPARZA unless your healthcare provider tells you to. Your healthcare provider may temporarily stop treatment with LYNPARZA or change your dose of LYNPARZA if you experience side effects
- Your healthcare provider will decide how long you stay on treatment
- Do not take more than 4 LYNPARZA tablets in 1 day. If you have any questions about LYNPARZA, talk to your healthcare provider or pharmacist
- 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 healthcare 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. The most common side effects of LYNPARZA are:**

- nausea or vomiting. Tell your healthcare provider if you get nausea or vomiting. Your healthcare provider may prescribe medicines to treat these symptoms
- low number of red or white blood cells
- stomach-area (abdominal) pain
- dizziness
- tiredness or weakness
- sore throat or runny nose
- diarrhea
- joint, muscle, and back pain
- headache
- constipation
- mouth sores
- respiratory tract infections
- changes in kidney function blood test
- changes in the way food tastes
- loss of appetite
- low number of platelets
- indigestion or heartburn

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

You are encouraged to report negative side effects of AstraZeneca prescription drugs by clicking here.

Please click here for complete Prescribing Information, including Patient Information (Medication Guide).