

Niraparib (Zejula)

About This Medicine

Niraparib is used to treat cancer. It is given orally (by mouth).

Possible Side Effects

- Bone marrow suppression. This is a decrease in the number of white blood cells, red blood cells, and platelets. This may raise your risk of infection, make you tired and weak, and raise your risk of bleeding.
- Nausea and vomiting (throwing up)
- Diarrhea (loose bowel movements)
- Constipation (not able to move bowels)
- Pain in your abdomen
- Tiredness
- Decreased magnesium level in your blood
- Decreased appetite (decreased hunger)
- Muscle and bone pain
- Headache
- Feeling dizzy
- Urinary tract infection
- Changes in your kidney function
- Trouble sleeping
- Cough
- Trouble breathing
- Rash
- High blood pressure

Note: Each of the side effects above was reported in 10% or greater of patients treated with niraparib. All possible side effects are not included. Your side effects may be different depending on your cancer diagnosis, condition, or if you are receiving other medicines in combination. Please discuss any concerns or questions with your medical team.

Warnings and Precautions



- This medicine may raise your risk of getting a second cancer such myelodysplastic syndrome and acute myeloid leukemia, which can be life-threatening.
- Severe bone marrow suppression
- Severe high blood pressure
- Swelling in the brain that is usually reversible. Symptoms can be sudden (acute) and may include a headache, confusion, changes in eyesight, extreme tiredness/coma, and/or seizures. **If you start to have any of these symptoms let your doctor know right away.**

Note: Some of the side effects above are very rare. If you have concerns and/or questions, please discuss them with your medical team.

Important Information

- Tell your doctor before taking this medicine if you have an allergy to FDandC Yellow No.5 (tartrazine) or aspirin. Niraparib capsules contain FDandC Yellow No.5, which may cause allergic-type reactions in certain people, especially people who also have an allergy to aspirin.

How to Take Your Medicine

- Swallow the medicine whole with or without food. Take your medicine at approximately the same time every day. Do not chew, crush, or split it. Taking your medicine at bedtime may help lessen nausea.
- **Missed dose:** If you vomit or miss a dose, take your next dose at the regular time. Do not take 2 doses at the same time and do not double up on the next dose.
- **Handling:** Wash your hands with soap and water, before and after handling your medicine, your caretakers should not handle your medicine with bare hands and should wear latex gloves.
- Cytotoxic medicines leave the body through urine and stool, but they can also be present in other body fluids such as blood, vomit, semen, and vaginal fluids. Take precautions to prevent others from coming in contact with your medicine or your body fluids. Follow safety precautions during your treatment and for as long as directed by your health care provider after your treatment. If you take a cytotoxic pill each day, follow these precautions every day.
- **Storage:** Store this medicine in the original container at room temperature.
- **Disposal of unused medicine:** Do not flush any expired and/or unused medicine down the toilet or drain unless you are specifically instructed to do so on the medicine label. Some facilities have take-back programs and/or other options. If you do not have a take-back program in your area, then please discuss with your nurse or your doctor how to dispose of unused medicine.

Treating Side Effects

- Manage tiredness by pacing your activities for the day.
- Be sure to include periods of rest between energy-draining activities.
- Get regular exercise, with your doctor's approval. If you feel too tired to exercise vigorously, try taking a short walk.
- If you are dizzy, get up slowly after sitting or lying down.



- To decrease the risk of infection, wash your hands regularly.
- Avoid close contact with people who have a cold, the flu, or other infections.
- Take your temperature as your doctor or nurse tells you, and whenever you feel like you may have a fever.
- To help decrease the risk of bleeding, use a soft toothbrush. Check with your nurse before using dental floss.
- Be very careful when using knives or tools.
- Use an electric shaver instead of a razor.
- Drink enough fluids to keep your urine pale yellow.
- If you throw up or have diarrhea, you should drink more fluids so that you do not become dehydrated (lack of water in the body from losing too much fluid).
- If you have diarrhea, eat low-fiber foods that are high in protein and calories and avoid foods that can irritate your digestive tracts or lead to cramping.
- If you are not able to move your bowels, check with your doctor or nurse before you use enemas, laxatives, or suppositories.
- Ask your nurse or doctor about medicine that can lessen or stop your diarrhea and/or constipation.
- To help with nausea and vomiting, eat small, frequent meals instead of three large meals a day. Choose foods and drinks that are at room temperature. Ask your nurse or doctor about other helpful tips and medicine that is available to help stop or lessen these symptoms.
- To help with decreased appetite, eat foods high in calories and protein, such as meat, poultry, fish, dry beans, tofu, eggs, nuts, milk, yogurt, cheese, ice cream, pudding, and nutritional supplements.
- Consider using sauces and spices to increase taste. Daily exercise, with your doctor's approval, may increase your appetite.
- Keeping your pain under control is important to your well-being. Please tell your doctor or nurse if you are experiencing pain.
- If you get a rash do not put anything on it unless your doctor or nurse says you may. Keep the area around the rash clean and dry. Ask your doctor for medicine if your rash bothers you.

Food and Medicine Interactions

- There are no known interactions of niraparib with food.
- This medicine may interact with other medicines. Tell your doctor and pharmacist about all the prescription and over-the-counter medicines and dietary supplements (vitamins, minerals, herbs, and others) that you are taking at this time. Also, check with your doctor or pharmacist before starting any new prescription or over-the-counter medicines, or dietary supplements to make sure that there are no interactions.

When to Call the Doctor

Call your doctor or nurse if you have any of these symptoms and/or any new or unusual symptoms:

- Fever of 100.4° F (38° C) or higher
- Chills
- Tiredness and/or weakness that interferes with your daily activities



- Feeling dizzy or lightheaded
- Confusion
- Extreme tiredness and/or coma
- Trouble falling or staying asleep
- Headache that does not go away
- Blurry vision or other changes in eyesight
- Symptoms of a seizure such as confusion, blacking out, passing out, loss of hearing or vision, blurred vision, unusual smells or tastes (such as burning rubber), trouble talking, tremors or shaking in parts or all of the body, repeated body movements, tense muscles that do not relax, and loss of control of urine and bowels. **If you or your family member suspects you are having a seizure, call 911 right away.**
- Easy bleeding or bruising
- Wheezing and/or trouble breathing
- Cough that is bothersome
- Lasting loss of appetite or rapid weight loss of five pounds in a week
- Nausea that stops you from eating or drinking and/or is not relieved by prescribed medicines
- Throwing up more than 3 times a day
- Diarrhea, 4 times in one day or diarrhea with lack of strength or a feeling of being dizzy
- No bowel movement in 3 days or when you feel uncomfortable
- Pain in your abdomen that does not go away
- Pain that does not go away, or is not relieved by prescribed medicines
- New rash and/or itching or a rash that is not relieved by prescribed medicines
- Signs of urinary tract infection such as burning or pain when you pass urine, difficulty urinating, smelly and/or cloudy urine, pain in your abdomen or lower/side of your back.
- Decreased or very dark urine
- If you think you are pregnant

Reproduction Warnings

- **Pregnancy warning:** This medicine can have harmful effects on the unborn baby. Women of child-bearing potential should use effective methods of birth control during your cancer treatment and for at least 6 months after stopping treatment. Let your doctor know right away if you think you may be pregnant.
- **Breastfeeding warning:** Women should not breastfeed during treatment and for 1 month after stopping treatment because this medicine could enter the breast milk and cause harm to a breastfeeding baby.
- **Fertility warning:** In men, this medicine may affect your ability to have children in the future. Talk with your doctor or nurse if you plan to have children. Ask for information on sperm banking.

Revised May 2024

