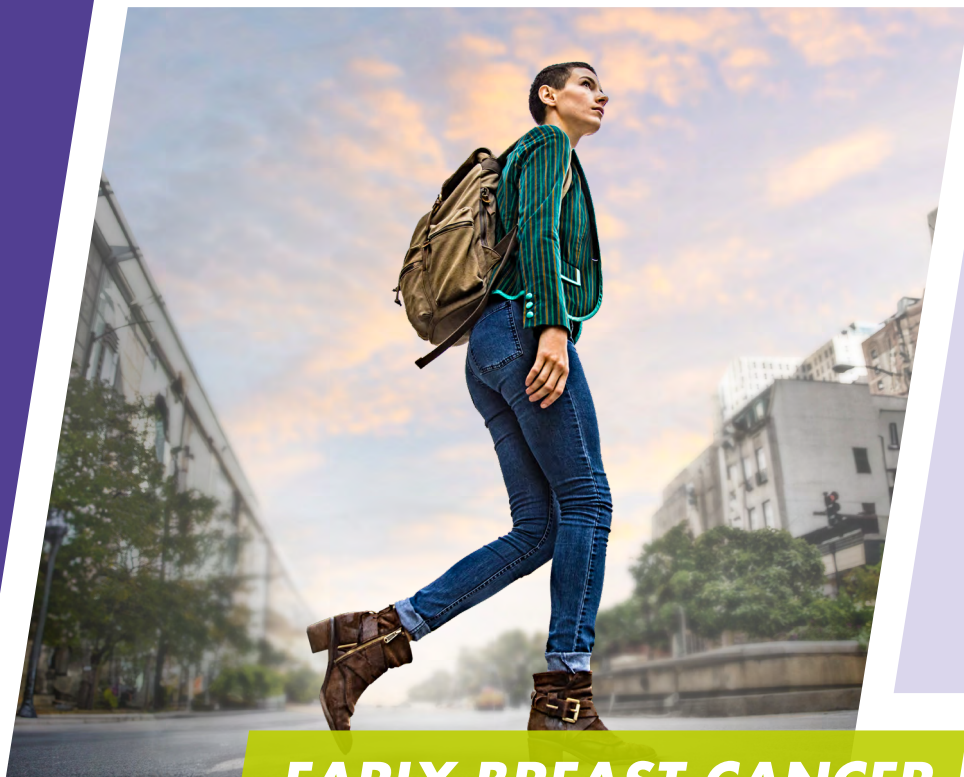


For more information
and support please visit
www.myAZmed.co.uk
or scan the QR code



EARLY BREAST CANCER PATIENT LEAFLET

This booklet is intended for use if you have been prescribed LYNPARZA[®] (olaparib) for gBRCA mutated, HER2-negative, high risk early breast cancer. This booklet is not a substitute for the Patient Information Leaflet (PIL) that is provided with the medicine.

For further information on symptoms/side effects, please speak to your cancer care team or refer to the PIL.

Adverse event reporting information can be found on page 14 of this booklet, with space to record events provided on page 24.

This material has been developed and funded by AstraZeneca.

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Key contacts

Healthcare team

Name		
Phone	(office)	(mobile/cell)
Address		

Name		
Phone	(office)	(mobile/cell)
Address		

Introduction

Why have I been given this booklet?

You have received this booklet because you have been prescribed LYNPARZA® (olaparib). LYNPARZA® is specifically designed to treat your type of breast cancer, which is known as **germline BRCA-mutated, HER2-negative**, high-risk early breast cancer previously treated with neoadjuvant or adjuvant chemotherapy.¹

More information can be found in the “What is LYNPARZA® (olaparib)?” section of this booklet.

How to use this booklet

This booklet is designed for you to read and fill out at home. We recommend you take it with you to your medical appointments to help your cancer care team see how you are doing and to remind you of any side effects or questions you need to talk about.

Inside, you will find information explaining:



What LYNPARZA® is and how it works



Why LYNPARZA® has been prescribed for you and what you can expect from your treatment



How to fit LYNPARZA® into your everyday life



Useful resources, including a treatment diary, a glossary, note pages and contacts to help you take control of your treatment schedule

My cancer type

LYNPARZA® is prescribed for people with a specific type of breast cancer called **germline *BRCA*-mutated, HER2-negative**, high-risk early breast cancer.¹

What is *BRCA*?

The name “*BRCA*” is an abbreviation for “BReast CAncer gene”.

Genes are pieces of the DNA code that we inherit from our parents.² We each have two copies of every gene – one copy is inherited from our mother and one from our father.² We have approximately 20,000 genes, each with a specific function that helps our bodies grow and function normally.²

Every human has both the *BRCA1* and *BRCA2* genes.³ Despite what their names might suggest, *BRCA* genes do not cause breast cancer. In fact, these genes normally play a big role in preventing breast cancer. They help repair damaged DNA in human cells that can lead to cancer and the uncontrolled growth of tumours. Because of this, the *BRCA* genes are known as “tumour suppressor genes”.^{4,5}

When a *BRCA* gene is not working properly, damaged DNA may not be repaired correctly, resulting in changes in cells that can lead to cancer.^{4,5}

BRCA mutations

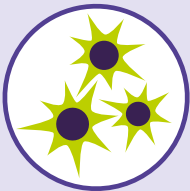
A small percentage of people (approximately one in 400, or 0.25% of the population) carry mutated *BRCA1* or *BRCA2* genes (a mutated gene is one which is altered from the normal version).^{1,3} A *BRCA* mutation occurs when the DNA that makes up the gene becomes damaged. When a *BRCA* gene is mutated, it may no longer be effective at repairing damaged DNA. Because of this, people with a *BRCA* gene mutation are more likely to develop certain cancers, including breast cancer.^{1,3} The carrier of the mutated gene can also pass a gene mutation down to his or her children.^{1,3} The phrase “germline *BRCA*-mutated” means the mutation is inherited.^{1,3}



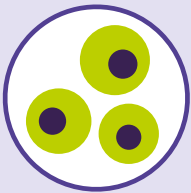
Healthy BRCA genes help to repair DNA damage. This process helps prevent tumours from developing³



When BRCA genes are mutated, they may not be able to fix DNA damage³



Cells with DNA damage that continue to grow and divide may result in cancer³



This means that having a BRCA mutation could increase your risk of developing cancer³

Why did I have to get a *BRCA* test before treatment with LYNPARZA®?

LYNPARZA® can only be used in patients who have a germline *BRCA* mutation.¹ This is because LYNPARZA® is a targeted treatment for patients with this mutation. So, your doctor carried out the test to help decide on the best treatment for you.⁶

What does HER2-negative mean?

Some cancers have abnormally high levels of a certain protein called HER2.⁷ HER2-negative cancers do not have these abnormally high levels.⁸ HER2-negative cancers can be hormone receptor-positive (HR+) (meaning that the cancer cells grow in response to certain hormones)/HER2-negative or triple negative (HR-negative, HER2-negative).⁹ Medical trials have shown that LYNPARZA® can help treat HER2-negative cancers that also have a *BRCA* mutation.¹

What is LYNPARZA®?

LYNPARZA® is a type of targeted therapy called a PARP inhibitor. The active substance of LYNPARZA® is called “olaparib”. It is a prescription oral treatment (taken by mouth) for adults who:¹

- have HER2-negative, high-risk early breast cancer
- have an inherited *BRCA* mutation
- have been previously treated with chemotherapy

Why have I been prescribed LYNPARZA®, and what can I expect?¹

If you have *BRCA*-mutated, HER2-negative, high-risk early breast cancer and have already had chemotherapy, your doctor may think you are suitable for treatment with LYNPARZA®. Clinical trials have shown that LYNPARZA® can help to stop or slow down the growth of your cancer. Talk to your cancer care team if you have any questions about why you have been prescribed LYNPARZA®.

How does LYNPARZA® work for me?¹

1.



In breast cancer, cancer cells in the breast multiply very fast and out of control

2.

This unregulated replication (meaning that one parent cell divides into two identical daughter cells) can create damage in the cells. Without repair, the cancer cells would stop growing.

3.



One way the cancer cells fix this damage is to use PARP. PARP is a protein that has many jobs inside cells, including helping to repair damage

4.



If PARP is allowed to fix the damage, cancer cells can stay alive and continue to grow. That is why it is important to stop PARP, and that is where LYNPARZA® comes in

5.

LYNPARZA®, a PARP inhibitor, can block PARP from repairing damage in cancer cells (a). It can also trap PARP onto DNA to harm the cancer cells (b). Through these two approaches, the cancer cells become too damaged to survive, and die (c and d). In this way, LYNPARZA® can help stop or slow down the growth of a tumour



Tumours harbouring BRCA mutations rely on PARP even more, as they accumulate more damage that is not fixed by the BRCA genes

What you need to know before taking LYNPARZA®

Do not take LYNPARZA:

- If you are allergic to LYNPARZA or any of the other ingredients of this medicine. Ingredients are listed in section 6 of the Patient Information Leaflet (PIL)
- If you are breast-feeding. See page 17 or refer to the Patient Information Leaflet (PIL) for more information

Do not take LYNPARZA if any of the above apply to you. If you are not sure, talk to your doctor, pharmacist or nurse before taking LYNPARZA.

Warnings and precautions

Talk to your doctor, pharmacist or nurse before or during treatment with LYNPARZA:

- If you have low blood cell counts on testing. These may be low counts for red or white blood cells, or low platelet counts. See the Patient Information Leaflet (PIL) for more information about these side effects, including the signs and symptoms you need to look out for (for example, fever or infection, bruising or bleeding). Rarely, these may be a sign of more serious problems with the bone marrow such as 'myelodysplastic syndrome' (MDS) or 'acute myeloid leukaemia' (AML)
- If you experience any new or worsening symptoms of shortness of breath, coughing or wheezing. A small number of patients treated with LYNPARZA reported inflammation of the lungs (pneumonitis). Pneumonitis is a serious condition that can often require hospital treatment

- If you experience any new or worsening symptoms of pain or swelling in an extremity, shortness of breath, chest pain, breathing that is more rapid than normal or heart beats faster than normal. A small number of patients treated with LYNPARZA were reported to develop a blood clot in a deep vein, usually in the leg (venous thrombosis), or a clot in the lungs (pulmonary embolism).
- If you notice yellowing of your skin or the whites of your eyes, abnormally dark urine (brown coloured), pain on the right side of your stomach area (abdomen), tiredness, feeling less hungry than usual or unexplained nausea and vomiting contact your doctor immediately as this may indicate problems with your liver.

If you think any of these may apply to you, talk to your doctor, pharmacist or nurse before or during treatment with LYNPARZA.

LYNPARZA® and me

How to take LYNPARZA®^{1*}

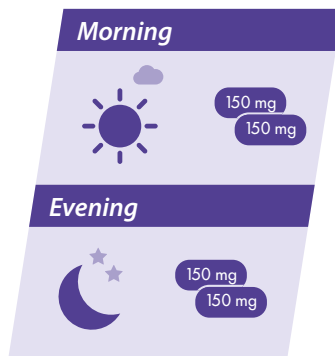
LYNPARZA® is an oral medication (taken by mouth) that is usually taken as **two 150 mg tablets twice a day**, for a total daily dose of 600 mg. Your doctor may prescribe a different dose to that shown above. It is important that you take your LYNPARZA® tablets exactly as instructed by your doctor or prescriber. Check with your doctor or prescriber if you are not sure how to take your tablets.



Your doctor or prescriber will also tell you how long to continue your treatment, which may be up to 12 months.

When to take your dose^{1,10*}

The usual time to take your first LYNPARZA® dose is in the morning, and your second dose in the evening. The doses should be taken at approximately the same time every day. Please do not exceed four tablets a day, as this will not improve your condition and may lead to side effects.



Do not use this medicine after the expiry date.

^{*}The usual recommended dose outlined on this page may differ to what your doctor prescribes for you, please only take LYNPARZA® exactly as directed by your doctor.

Top tips



You might want to set a reminder on your phone to notify you to take your dose in the morning and evening



*When taking your treatment, we recommend that you count out your two tablet dose before you start taking the tablets**



Each tablet should be swallowed whole – you should not chew, crush, divide or dissolve the tablets. Allow plenty of time and drink plenty of fluids when taking each dose



You can take your tablets with or without food and with water. However, you cannot eat grapefruit (or drink grapefruit juice) while on this treatment

Storing your medicine¹

Store in the original package in order to protect from moisture.

This medicine does not require any special temperature storage conditions.

Your medicines should not be thrown away via waste water or household waste. Your community pharmacist will take back any unwanted medicines.

Keep out of sight and reach of children

**No special
temperature storage
conditions required**



*The usual recommended dose outlined on this page may differ to what your doctor prescribes for you, please only take LYNPARZA® exactly as directed by your doctor.

LYNPARZA® and daily life

What are the common side effects to look out for when taking LYNPARZA®?

Like all medicines, you may experience some side effects while on your treatment. You can work with your cancer care team to help keep them mild and manageable.

Tell your doctor straight away if you notice any of the following: ¹

Very common side effects:

(may affect more than 1 in 10 people)

- *Feeling short of breath, feeling very tired, pale skin or fast heartbeat – these may be symptoms of a decrease in the number of red blood cells (anaemia)*

Uncommon side effects:

(may affect up to 1 in 100 people)

- *Allergic reactions (e.g. hives, difficulty breathing or swallowing, dizziness, which are signs and symptoms of hypersensitivity reactions)*
- *Itchy rash or swollen, reddened skin (dermatitis)*
- *Serious problems with bone marrow ('myelodysplastic syndrome' (MDS) or 'acute myeloid leukaemia' (AML))*

Continued on next page...

Other side effects of LYNPARZA® include:¹

Very common side effects:

(may affect more than 1 in 10 people)

- Nausea
- Vomiting
- Feeling tired or weak
- Indigestion or heartburn
- Loss of appetite
- Headache
- Changes in taste of foods
- Feeling dizzy
- Cough
- Shortness of breath
- Diarrhoea (if it gets severe tell your doctor straight away)
- Low white blood cell count (which may decrease your ability to fight infection and may be associated with fever)

Common side effects:

(may affect up to 1 in 10 people)

- Rash
- Sore mouth
- Pain in the stomach area under the ribs
- Blood clot in a deep vein (usually in the leg that may cause pain or swelling of the legs, or a clot in the lungs that may cause shortness of breath, chest pain, breathing that is more rapid than normal or heart beats faster than normal)
- Decrease in the number of platelets in blood (you may notice bruising or bleeding for longer than usual if you hurt yourself)
- Increase in blood creatinine (this test is used to check how well kidneys are working)
- Low white blood cell count (which may decrease your ability to fight infection and may be associated with fever)
- Abnormal liver function tests

Rare side effects: (may affect up to 1 in 1,000 people)

- Facial swelling
- Painful inflammation of the fatty tissue under the skin

Please refer to the Patient Information Leaflet (PIL) for a more comprehensive list of side effects.

If you experience symptoms other than those listed here, please ask your doctor or pharmacist for more information.

LYNPARZA® and daily life

Reporting side effects

You should report any symptoms to your doctor immediately, so they can help stop them from getting worse.

Keeping track of your side effects

It is very helpful to note down any side effects you experience, so you can discuss them with your cancer care team at your next appointment (there is space to do so in your treatment diary at the end of this booklet).

If you have any difficulties or experience any severe symptoms, don't wait until your next appointment: Contact your cancer care team so they can help put together a plan to manage them.

Reporting of side effects If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. You can also report side effects directly via the Yellow Card Scheme at <http://yellowcard.mhra.gov.uk/>. By reporting side effects, you can help provide more information on the safety of this medicine.

Monitoring your treatment¹⁰

Your doctor or prescriber will do blood tests to check your blood cell counts:

- before treatment with LYNPARZA®
- every month during the 12 months of treatment

If your blood count falls to a low level, you may need to have a blood transfusion (where you are given new blood or blood-based products from a donor)



Life on LYNPARZA® Q&A¹

? What should I do if I forget to take my dose?

You should try to remember to take your tablets on time, but if you forget to take your treatment at the planned time, then that dose should not be taken. Do not take an extra dose to make up for the missed one, just take your next scheduled dose at your usual time. Don't worry if you miss one dose, as there is no reason why this should affect your condition; however, if you repeatedly miss doses it may affect how well your treatment works.

? What should I do if I take more than my prescribed dose?

If you take more LYNPARZA® than your normal dose, contact your doctor or the nearest hospital straight away.

? Can I take other medicines/supplements while I am taking LYNPARZA®?

You should tell your cancer care team about any other medicines/supplements you are taking or plan to take before you start taking LYNPARZA®. This includes both prescribed medicines and those you can get without a prescription. LYNPARZA® can affect the way some other medicines work. Also, some other medicines can affect the way LYNPARZA® works.¹⁰ Please refer to Section 2 "Other medicines and Lynparza" in the PIL for more information.¹⁰

? Are there any foods/drinks I can't have while I am taking LYNPARZA®?

You should not eat grapefruit or drink grapefruit juice while on this treatment as it can affect the way the LYNPARZA® works.

? Can I take LYNPARZA® if I am pregnant or breastfeeding?

If you are pregnant or plan to become pregnant, you should tell your doctor or prescriber. LYNPARZA® can harm your unborn baby and may cause loss of pregnancy (miscarriage). Females who are able to become pregnant should take contraception while taking this medicine and for 6 months after the last dose. Two highly effective and complementary forms of contraception are recommended.

You should not breastfeed during treatment with LYNPARZA® and for one month after receiving the last dose, as it is not known if LYNPARZA® passes into your breast milk. Talk to your doctor or prescriber about the best way to feed your baby during this time.

? If you are a Man taking LYNPARZA® for Breast Cancer

- *You must use a condom when having sex with a female partner, even if she is pregnant, while taking LYNPARZA® and for 3 months after taking the last dose. It is not known whether LYNPARZA® passes into semen.*
- *Your female partner must also use a suitable method of contraception.*
- *You must not donate sperm while taking LYNPARZA® and for 3 months after taking the last dose*

? Can I drive or use machines while I am taking LYNPARZA?

LYNPARZA may influence your ability to drive and use machines. If you feel dizzy, weak or tired while taking LYNPARZA, do not drive or use tools or machines.

Coping with breast cancer

The breast cancer treatment journey can be an overwhelming experience and may bring up a lot of different emotions, which could impact your mental health. Breast cancer and its treatment can also affect you physically and may limit your ability to exercise or do daily activities. Every patient's journey is unique, so you should choose the coping strategies that work best for you. For example, some patients want to continue with their existing lifestyle as much as possible, while other patients need time to reconsider what their priorities are.

The following tips can help you cope with the emotional and physical effects of breast cancer and its treatment:



Make time for yourself and prioritise the activities that are most important to you



Ask for help with daily errands and commitments from friends and family – they will be pleased to feel they are making some sort of contribution during this difficult time



Maintain a healthy lifestyle as far as possible



Listen to your body and avoid overexerting yourself



Try to reduce stress and improve fatigue with meditation, yoga or gentle walks



Exercise if you feel up to it – regular exercise can help manage some of the side effects of treatments you might have received. Talk to your healthcare team if you have any questions about your exercise routine



Use a notebook or journal to write down how you are feeling and any concerns you might have



Talk to your doctor, healthcare team or reputable sources to learn more about your breast cancer – feeling informed can make you feel more in control

Your support network

Dealing with breast cancer can be difficult, and it is important that you have a strong support network around you to help you cope. You may find it hard to talk to family and friends, but they will want to be there to support you. You may find it helpful to visit a local support centre; these give you the opportunity to talk to someone outside your family and friends and can also provide you with practical and financial advice.

You could also try visiting the following websites by scanning the QR codes or clicking the links below for further coping tips, other patients' breast cancer stories and details of local or online support groups:



Breast Cancer Now
<https://breastcancernow.org/>



Cancer Research UK
<https://www.cancerresearchuk.org/about-cancer/breast-cancer/living-with>



Macmillan Cancer Support
<https://www.macmillan.org.uk/cancer-information-and-support>

If you are unsure who to turn to, your cancer care team will be able to advise you on local support networks.

Glossary

Anaemia	A condition that occurs when the number of red blood cells in your body falls below the normal level ¹¹
BRCA	BRCA1 (BRest Cancer susceptibility gene 1) and BRCA2 (BRest Cancer susceptibility gene 2) are genes (sections of DNA) found inside the cells of all humans. Sometimes, a gene can go wrong, which is called a mutation. Mutations in BRCA1 or BRCA2 can sometimes lead to breast or ovarian cancer. Understanding if you have a mutation in these genes can help doctors decide which treatments are most likely to work on your cancer ^{3-5,12}
Cancer care team	The team of people responsible for your health, including your oncologists, nurses, pharmacists and your GP or family doctor
Diarrhoea	A condition where your stools are looser or more watery than usual, and you need to go more often than usual ¹³
DNA	Deoxyribonucleic acid (DNA) is material found inside all the cells that make up living things, including humans. DNA forms genes, which give the body instructions for growth, development, functioning and reproduction ^{2,14}
Early breast cancer	Cancer that has not spread beyond the breast to other parts of the body ¹⁵
Fatigue	Extreme tiredness ¹⁶
Gene	A short section of DNA that contains a specific set of instructions for the body to follow. The instruction could be to produce a specific protein or to carry out a particular function, for example ²
HER2-negative	A type of cancer that does not have abnormally high levels of the HER2 gene or HER2 protein ⁸

LYNPARZA®	<i>The name of your treatment. This works by inhibiting the production of PARP, and is sometimes known by its generic name, olaparib¹</i>
Metastatic breast cancer	<i>A type of breast cancer that has spread beyond the breast to other parts of the body¹⁵</i>
Mutation	<i>A change in a gene. The effect of a mutation depends on what gene the change is in and the type of change. Sometimes, a mutation is harmless. Other times, it can cause cells with the gene mutation to become cancerous. A germline mutation means the mutation is inherited and occurred in your egg or sperm cells^{17,18}</i>
Nausea	<i>The feeling that you may vomit</i>
Oral treatment	<i>A treatment that you take by swallowing a tablet, capsule or liquid. LYNPARZA® is an oral treatment, taken as a tablet</i>
PARP	<i>Short for poly ADP-ribose polymerase. This is a family of proteins that carry out DNA repair in some of our cells¹</i>
Patient diary	<i>A place for you to record your daily habits, your side effects and how they affect your life. It is useful to bring your patient diary to appointments with your cancer care team, so they can help you manage your treatment schedule and side effects</i>
Red blood cell	<i>The most common type of cell in your blood. Their job is to carry oxygen around your body¹¹</i>
Side effect	<i>Something that happens during treatment that is not intended to happen. For example, feeling fatigued when you take LYNPARZA®</i>
Stool	<i>Another word for bowel movement</i>
Vomiting	<i>Being physically sick, where you bring up the contents of your stomach through your mouth</i>

Keeping a treatment diary

What to record in your treatment diary

Keeping a treatment diary can help you and your cancer care team manage your LYNPARZA® treatment. The more they know about your experience of taking LYNPARZA®, the better they will be able to help you manage your medicine.

You could choose to use an app on your phone, such as a “notes” app, to record the details of your treatment. You could even set up a daily reminder to prompt you to make notes. Alternatively, you could also use a small notebook that is easy to carry around with you.

Try to bring your diary to every meeting you have with a member of your cancer care team, as it will help you talk through how you have been feeling and will remind you to mention any important points you wanted to talk about.

Here are some things that would be helpful to keep track of:

1. Your overall mood/wellbeing – you could use a scale from 1–10 (1 being “terrible” and 10 being “excellent”)
2. Any side effects you experience – write down any side effects you have (examples include nausea, vomiting, feeling tired or weak, loss of appetite, headache, etc.). Make a note of how severe the symptom was and whether it interfered with your daily life

When you first start taking LYNPARZA[®], fill out the form below to act as a useful reminder:

Date I started taking LYNPARZA[®]:

My current daily dose:

The time I take LYNPARZA[®]

In the morning:

AM

In the evening:

PM

If you experience any side effects or symptoms that worry you, please contact your cancer care team and they will help you manage the issue.

Note space

Use this section to note down any other important aspects of how your treatment is going, including:

- Any other side effects or symptoms you experience
- Any doses you miss and why
- Your feelings about the treatment
- Any questions you have for your cancer care team

Remember to write down the date and time when you make your note.

Date and time	Notes

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Contact card

Fill out the blank spaces on this card, **tear it out** and keep it inside your purse, so you always have your key information and contacts close to hand. If you go to see a doctor who is not fully aware of your LYNPARZA® treatment, it may also be helpful for you to show them this card.

I am taking LYNPARZA® (olaparib) as treatment for breast cancer

My name:

Emergency contact name:

Emergency contact number:

I took my first dose of LYNPARZA® on:

My current daily dose is:

I take my treatment at:

AM

PM

I am taking LYNPARZA® (olaparib) as treatment for breast cancer

Treating physician name:

Treating hospital:

Cancer care team phone number:

I should not take or be given any new medicines without checking the Patient Information Leaflet (PIL) in the LYNPARZA® packet

Veeva Approval ID: GB-64504 Date of preparation: April 2025

Should you need to contact your cancer care team concerning side effects, you can contact them at: