



Your guide to treatment with ZEJULA



To access useful tools and resources to you throughout your treatment journey, visit ZEJULA.ca



Your experience with your condition is as unique as you are

Your doctor has prescribed ZEJULA, so it's natural you might have some questions about your medication and what to expect during treatment. This handy brochure contains useful information to help you get started with ZEJULA.

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What is ZEPJULA?

ZEPJULA is used in female adult patients for:

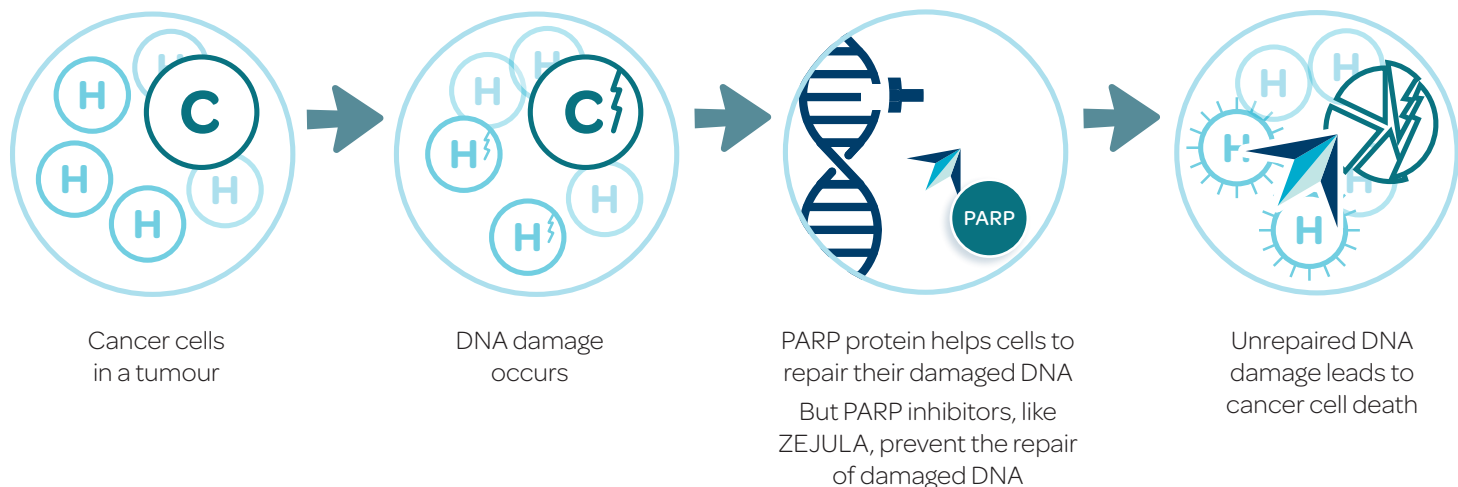
- the maintenance treatment of ovarian cancer, fallopian tube cancer, or primary peritoneal cancer (the membrane that lines the inside of the abdomen).
- the maintenance treatment of ovarian cancer, fallopian tube cancer, or primary peritoneal cancer that has come back (reoccurred).

In both cases ZEPJULA is used after your cancer responds to platinum-based chemotherapy. ZEPJULA helps to keep or maintain that response.

Learn about your medication to help you discuss your treatment plan with your healthcare team and take an active role in your care.

How does ZEPJULA work?

ZEPJULA is a type of drug called a PARP inhibitor. PARP inhibitors block a protein called poly [adenosine diphosphate-ribose] polymerase (PARP). This protein helps cells to repair their damaged DNA. Blocking PARP activity prevents the repair of damaged DNA in cancer cells, leading to cell death.



H Healthy cells **C** Cancer cells **ZEPJULA**

How to take ZEJULA

Remember to take ZEJULA exactly as your healthcare professional tells you. Check with your doctor, pharmacist or nurse if you are not sure.



Do not change your dose or stop taking ZEJULA without first talking with your doctor.
Your doctor will tell you when to start ZEJULA after you finish your chemotherapy treatment.



Take with or without food at about the same time each day.



Take ZEJULA at bedtime if it upsets your stomach. This may help you to manage nausea.



Swallow capsules/tablets whole.

If you vomit after taking your dose, do NOT take another one. Take your next dose at your regular time.

What is the usual dose?

Usual daily adult dose:

The recommended dose is different for different patients. Your doctor will determine the right dose of ZEJULA for you. **Be sure to take the dose prescribed to you by your doctor.** Your doctor will decide how long you stay on ZEJULA treatment.



OR



For the maintenance therapy of ovarian cancer, fallopian tube cancer or primary peritoneal cancer:

The recommended dose is:

- **200 mg** (two 100 mg capsules/tablets) by mouth once a day.
- OR
- **300 mg** (three 100 mg capsules/tablets) by mouth once a day.

The dose prescribed will depend on your body weight and platelet count.



For the maintenance therapy of ovarian cancer, fallopian tube cancer or primary peritoneal cancer that has come back (reoccurred):

The recommended dose is 300 mg (three 100 mg capsules/tablets) by mouth once a day.

If you have a low body weight, your doctor may prescribe a dose of 200 mg (two 100 mg capsules/tablets) by mouth once a day.

Your doctor may change (reduce) or interrupt your dose or tell you to stop taking it. This may happen if you have certain side effects while taking ZEJULA or experience liver problems.

Refer to the Patient Medication Information leaflet that comes with your medicine for more details about ZEJULA dosing.



What if I miss a dose?

If you miss a dose of ZEJULA, take your **next dose** at your **regular time**. Do not take an extra dose to make up for a missed dose.



What if I take too much?

If you think you have taken too much ZEJULA, contact your healthcare professional, hospital emergency department, or regional poison control centre immediately, even if there are no symptoms.

What you should know before taking ZEJULA











Do not use ZEJULA if:

- You are allergic to niraparib tosylate or to any of the other ingredients of ZEJULA.
- You are breastfeeding or plan to breastfeed.** It is not known if ZEJULA passes into breast milk. You and your doctor should decide if you will take ZEJULA or breastfeed. You should not do both. Do not breastfeed for 1 month after taking your last dose of ZEJULA. Talk to your doctor about the best way to feed your baby while you are being treated with ZEJULA.

To help avoid side effects and ensure proper use, talk to your healthcare professional before you take ZEJULA. Talk about any health conditions or problems you may have, including if you:

- Have or have had high blood pressure or heart problems.
- Have or have had liver or kidney problems.
- Are pregnant or plan to become pregnant.
- Have an allergy to lactose. This is because ZEJULA contains lactose.
- Have an allergy to a yellow dye called tartrazine (FD&C Yellow #5). This is because ZEJULA contains tartrazine.
- Are over 65 years of age.

Your healthcare professional will perform the following tests to monitor you while you are receiving treatment with ZEJULA:

Test	Before treatment		During treatment				After treatment
			Every week	Once a month	Regularly		
Blood		START OF ZEJULA TREATMENT	 (during first month)	 (for months 2-12)	 (after month 12)	LAST DOSE OF ZEJULA	
Blood pressure and heart rate			 (during first two months)	 (for months 3-12)	 (after month 12)		
Pregnancy							 (after 1 month)

ZEJULA can cause abnormal blood test results. This includes low blood cell counts and increased creatinine and liver enzyme levels in your blood. Your doctor may adjust your treatment to correct these side effects and run additional tests.

If you have high blood pressure, your doctor may adjust your treatment and give you medicine to treat it.

Other warnings you should know:



Sensitivity to sunlight

- While taking ZEJULA, your skin may be more sensitive to the sun. You may burn more easily during treatment with ZEJULA. Avoid sun exposure. When in the sunlight, wear a sunscreen with a high protection factor of at least SPF 15 and protective clothing.



Driving and using machines

- Before you do tasks, which may require special attention, wait until you know how you respond to ZEJULA. If you feel dizzy, weak, unfocused or tired, do not drive or use tools or machines.



Pregnancy and fertility

- If you are pregnant or still able to get pregnant, talk to your healthcare professional. ZEJULA may harm your unborn child or make you lose the pregnancy.
- Avoid becoming pregnant while taking ZEJULA. Use effective methods of birth control during treatment and for 6 months after taking your last dose of medication. If you become pregnant while taking ZEJULA, tell your doctor right away. Talk to your doctor about birth control methods that may be right for you.
- ZEJULA may affect your fertility.
- For ovarian cancer patients who can get pregnant: a pregnancy test should be done following the test schedule on page 7 of this brochure.



Posterior Reversible Encephalopathy Syndrome (PRES)

Cases of PRES have been reported with ZEJULA use. PRES is a rare neurological disorder. Contact your doctor immediately if you develop the following symptoms: headaches, confusion, speech and vision loss, vision changes, seizures, with or without high blood pressure.

Tell your healthcare professional about all the medicines you take, including any drugs, vitamins, minerals, natural supplements, or alternative medicines.

Possible side effects of ZEJULA

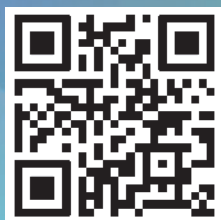
These are not all the possible side effects you may feel when taking ZEJULA. Contact your healthcare professional if you experience any side effects, especially ones not listed here.

Side effects may include:

- Pain in the stomach area
- Indigestion or heartburn
- Dry mouth
- Feeling tired or weak
- Loss of appetite
- Loss of weight
- Pain in your joints, muscles, and back
- Headache
- Feeling dizzy
- Changes in the way food tastes
- Trouble sleeping
- Anxiety and depression
- Inflammation of the nose and throat
- Shortness of breath
- Cough
- Rash
- Constipation
- Hot flashes
- Nose bleeds
- Pink eye
- Swelling
- Increased sensitivity to the sun, sunburn

For the full list of possible side effects, please see the Patient Medication Information leaflet. If you experience any side effects, speak with your healthcare professional.

Watch our ZEJULA Knowledge Series for more information about the possible side effects that can occur during ZEJULA treatment, and what to do about them. Visit ZEJULA.ca or **scan this code**.



Storing ZEPJULA



Store ZEPJULA capsules/tablets between 15°C and 30°C, in the original container.



Do not use after the expiry date stated on the carton and blister pack. The expiry day refers to the last day of that month.



Do not throw away any medicines via wastewater or household waste. Ask your healthcare provider or pharmacist about the right way to throw away outdated or unused ZEPJULA. These measures will help protect the environment.



Keep out of reach and sight of children.

For more information

Talk to your healthcare professional.

Refer to the Product Monograph that is prepared for healthcare professionals and includes the Patient Medication Information leaflet by:



visiting gsk.ca/zejula/pm-en



calling 1-800-387-7374



scanning the QR code



Your ZEJULA checklist



Take ZEJULA at the same time each day

- Think about what time of day you would prefer to take your medication and make a plan to help you remember
- You can take ZEJULA with or without food



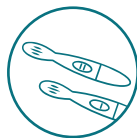
Make the following clinic appointments for your blood tests:

- Every week for the first month of treatment
- Once a month for the next 11 months
- Periodically thereafter



Schedule clinic appointments or set reminders to take your blood pressure and heart rate:

- At least weekly for the first 2 months of treatment
- Once a month for the next 10 months
- Periodically thereafter



If you are able to get pregnant, take a pregnancy test periodically during your treatment with ZEJULA

Tips on lifestyle and asking for emotional support

Living with a long-term illness can be challenging, but it's important to remember that you are not alone.

TRY SOME OF THESE TIPS.



Don't do it alone, ask loved ones for help

Decide what you need and then ask for it – it could be practical help like walking the dog or getting to appointments, or emotional support like having someone to talk to regularly.



Embrace the people and activities that make you feel good

Keep your life as normal as possible. Make plans. Set new goals. Consider volunteering. Have fun!



Keep a journal

Writing down your thoughts and feelings can help you cope and understand your emotions.



Take a mental break

Allow yourself to think about something other than your health for an hour or even just a minute.



Find ways to relax

Make room in the present moment to feel calm. Try meditation, yoga, breathing exercises, or other relaxation practices to help you feel grounded.

Remember to take it one day at a time. Be kind to yourself.

Where to get more help and information

- Reach out to your physician or cancer centre
 - If you have questions about your medication, don't be afraid to speak up.
 - Your healthcare team is there for you, so reach out if you need more support.
- Ask your healthcare team for suggestions of local support groups you could join
 - Many organizations and groups offer virtual and in-person programs featuring people who support others by sharing their stories.
 - Becoming involved with a local support group may also give you the opportunity to access support and resources you might not have considered.
- Visit Ovarian Cancer Canada at ovariancanada.org for valuable resources, information, and programs to support everyone affected by this disease.

Physician or cancer centre contact number:

Don't forget: You're the most important person in your healthcare team!
If you have questions or concerns, it's important to talk to your healthcare team and let them know how you're doing.

Cut out this Wallet Card and keep it with you so that you can quickly give healthcare providers information about ZEJULA



Call your doctor if you have any questions or side effects.

Prescribing practitioner: _____

Practitioner's contact number: _____

ZEJULA is used in female adult patients for:

- the maintenance treatment of ovarian cancer, fallopian tube cancer, or primary peritoneal cancer (the membrane that lines the inside of the abdomen).
- the maintenance treatment of ovarian cancer, fallopian tube cancer, or primary peritoneal cancer that has come back (reoccurred).

In both cases ZEJULA is used after your cancer responds to platinum-based chemotherapy. ZEJULA helps to keep or maintain that response.

Serious warnings and precautions

- Only a doctor who has experience treating cancer should treat you with this drug.
- **Myelodysplastic Syndrome (MDS) or Acute Myeloid Leukemia (AML)** is a problem with the bone marrow. You may have low red, white, or platelet cell counts. This is serious and can lead to death.
- ZEJULA can cause bone marrow problems.
- ZEJULA can cause high blood pressure, which in some cases, can be severe.
- ZEJULA can harm your unborn baby if you take it while you are pregnant.



Reporting side effects

You can report any suspected side effects to Health Canada by:



visiting the website on Adverse Reaction Reporting for information on how to report online, by mail, or by fax:
<https://www.canada.ca/en/health-canada/services/drugs-health-products/medeffect-canada.html>



calling toll-free at 1-866-234-2345



scanning the QR code



NOTE: Please contact your healthcare professional if you need information about how to manage your side effects. The Canada Vigilance Program does not provide medical advice.



For more information

Talk to your healthcare professional and refer to the Patient Medication Information leaflet in the Product Monograph by:



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GSK

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scanning the QR code
calling 1-800-387-3734
visiting gsk.ca/zejula/pm-en

For more information, find the full Product Monograph that is prepared for healthcare professionals by:

GSK

In the event of a hospital/pharmacy or clinic visit, give this card to the treating staff to help them understand that your symptoms may be related to your medication.

I am taking a PARP inhibitor called ZEJULA (niraparib)

PARP, poly (adenosine diphosphate [ADP]-ribose) polymerase.

Visit Ovarian Cancer Canada at ovariancanada.org for valuable resources, information, and programs to support everyone affected by this disease.