Rukaparib

for Gynecological cancer

Regimen schedule

Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Rukaparib Morning dose	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Rukaparib Evening dose	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X

Next course of treatment, day 29

Day	22	23	24	25	26	27	28
Rukaparib Morning dose	X	X	X	X	X	X	X
Rukaparib Evening dose	X	X	X	X	X	X	X

About your treatment

Rucaparib blocks proteins that regulate the growth and division of cancer cells, slowing them down. The tablets are taken twice a day (morning and evening) without a break. Your doctor or nurse will tell you how many tablets to take at a time. During treatment, your blood tests and any side effects will be monitored.

How to take the medicines

Take the tablets approximately 12 hours apart. If you miss a dose or vomit, take your usual dose at the next scheduled time. Read more in the package leaflet.

Side effects - symptoms and tips

The side effects we list here are the most common and important. They can vary greatly from person to person, and even from time to time. Side effects may determine your dose or require you to stop taking the medicine.

Tell your doctor or nurse if you have any side effects. Often the symptoms can be prevented or alleviated.

Fatigue

Fatigue is common in connection with cancer and its treatment. The severity of the symptoms and their duration vary from person to person. You may continue to feel tired long after treatment has ended. This type of extreme exhaustion is known as fatigue—a tiredness that does not always improve with rest or sleep. Many describe fatigue as a total lack of energy, and it can occur even without physical exertion. Your ability to remember, concentrate, and solve problems may be impaired. Fatigue is sometimes associated with feelings of resignation, stress, anxiety, and depression. Tip: Try to stay active. Physical activity often helps alleviate tiredness and fatigue. Find a balance between activity, rest, and sleep that works for you.

Nausea and taste changes

You may feel unwell from the treatment. You will therefore be given anti-nausea medication in conjunction with the treatment. The medicines may cause constipation. You can get different varieties depending on how you feel. The taste of food and drink may be altered by the treatment.

Tips: Sometimes it feels better to eat lighter food and small portions. For example, try skim milk, yoghurt, omelettes, sandwiches and hot or cold soups. Drinking a little extra between meals can reduce nausea.

Problems with stomach and intestines

Diarrhoea is common. You may also become constipated.

Tip: Drink a lot, a few glasses more than usual per day. If you have diarrhoea, avoid fatty, spicy and high-fibre foods. If you're constipated, try high-fibre foods and exercise. Talk to your doctor if you get diarrhoea or constipation - you may need medication.

Susceptibility to infection

You may become susceptible to infection from the treatment. Tip: Try to avoid close contact with people who, for example, have a cold or an upset stomach. Wash your hands often with soap and water. Hand sanitizer can be a supplement.

Contact your clinic immediately at:

- fever over 38 degrees or if your temperature drops below 36 degrees
- severe diarrhoea, or diarrhoea combined with fever
- sudden deterioration, regardless of symptoms
- chest pain or difficulty breathing, call 112

General information about cancer

Useful information about cancer is available from both 1177 Vårdguiden and Cancerfonden:

www.1177.se

www.cancerfonden.se