

ORAL CHEMOTHERAPY EDUCATION



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RUCAPARIB

Name of your medication

Generic name — rucaparib (roo-KA-puh-rib)
Brand name — Rubraca® (roo-BRAH-kuh)

Common uses

Rucaparib is used to treat ovarian cancer in women and prostate cancer in men who have a genetic variant called *BRCA*. Rucaparib may also be used for other treatments.

Dose and schedule

Taking rucaparib as instructed is important to allow your treatment to be as effective as possible, so here are some key points to remember.

- Your dose may vary, but the usual dose of rucaparib is 600 milligrams (600 mg) to be taken by mouth at a scheduled time twice a day.
- Rucaparib may be taken with or without food, but at the same time each day.
- Rucaparib should be taken whole and not crushed, cut, or dissolved. If you are unable to swallow rucaparib, talk to your care provider or pharmacist for possible options.
- If you miss a dose of rucaparib, **do not** take an extra dose or two doses at one time. Simply take your next dose at the regularly scheduled time. Be sure to write down if you miss a dose and let your care provider know about any missed doses.

Storage and handling

Handle rucaparib with care. Just like when chemotherapy is given into the vein, this drug can be toxic, and exposure of the drug to others should be limited.

- Store rucaparib at room temperature (68°F–77°F) in a dry location away from light.
- Keep rucaparib out of reach of children and pets.
- Leave rucaparib in the provided packaging until it is ready to be taken.
- Whenever possible, you should give rucaparib to yourself and follow the steps below. If a family member, friend, or caregiver needs to give the rucaparib to you, they also need to follow these steps:
 1. Wash hands with soap and water.
 2. Put on gloves to avoid touching the medication. (Gloves are not necessary if you give the drug to yourself.)
 3. Gently transfer the rucaparib from its package to a small medicine or other disposable cup.
 4. Administer the medicine immediately by mouth with water.
 5. Remove gloves and do not use them for anything else.

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6. Throw gloves and medicine cup in household trash.
 7. Wash hands with soap and water.
- If a daily pill box or pill reminder is used, a separate one should be used for rucaparib. **Do not** mix other medications into the box with rucaparib. The person filling the box or reminder should wear gloves. (Gloves are not necessary if you are filling the box or reminder.) When empty, the box or reminder should be washed with soap and water before refilling. Be sure to wash hands with soap and water after the task is complete, whether or not gloves are worn.
 - If you have any unused rucaparib, **do not** throw it in the trash and **do not** flush it down the sink or toilet. Talk to your care provider or pharmacist about proper disposal of rucaparib.
 - If you are traveling, put your rucaparib in a sealed plastic bag. Ask your pharmacist if any additional travel precautions are needed.

Handling body fluids and waste

Since rucaparib remains in your body for several days after it is taken, some of the drug may be present in urine, stool, sweat, or vomit. Once you have started to take rucaparib, it is important to follow the instructions below every day for as long as your treatment lasts. This is to keep yourself, loved ones, and the environment as safe as possible.

- Pregnant women should avoid touching anything that may be soiled with body fluids from the patient.
- Toilet and septic systems
 - You may use the same toilet, septic tank, and/or sewer that you usually use. If you have a low-flow toilet, close the lid and flush twice to ensure all waste has been discarded.
 - If the toilet or toilet seat becomes soiled with urine, stool, or vomit, clean the surfaces before other people use the toilet.
 - Wash hands with soap and water after using the toilet.
- If you need a bedpan, be sure your caregiver knows to wear gloves to assist with cleanup and to wash the bedpan with soap and water every day.
- If you do not have good control of bladder or bowels, use a disposable pad with a plastic back, a diaper, or a sheet to absorb body waste.
- Wash any skin that has been exposed to body waste or rucaparib with soap and water.
- Linens or clothing that are soiled with body fluids or body waste should be washed separately from other linens and clothing. If you do not have a washer, place the soiled linens in a plastic bag until they can be washed.
- Wash hands with soap and water after touching linens or clothing that may be soiled with body fluids.

Drug and food interactions

- Rucaparib has many drug interactions. Please inform your care providers of all prescription medications, over-the-counter medications, vitamins, and herbal products.
- Talk with your care provider or pharmacist before taking new medications or supplements, or receiving any vaccines.

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Side Effects of Rucaparib

The common side effects that have been known to happen in more than 30% of patients taking rucaparib are listed in the left side of this table. You **MAY NOT** experience these side effects. Options to help manage any side effects that do occur are included on the right side of this table. These should be discussed with your care provider. If you experience any side effect you cannot manage or that is not listed here, contact your care provider.

Possible Side Effect	Management
Changes in kidney function	<p>Your kidney (renal) function should be checked periodically by a simple blood test. Contact your care provider if you notice any of the following:</p> <ul style="list-style-type: none"> • Decreased amount of urination • Swelling in your legs and feet
Fatigue	<p>You may be more tired than usual or have less energy.</p> <ul style="list-style-type: none"> • Stay as active as possible, but know it is okay to rest as needed, too. • Try to do some activity every day. • Plan your activities, and do them at a time of day when you feel a bit more energetic. • Avoid operating heavy machinery if you feel too tired.
Nausea or vomiting	<ul style="list-style-type: none"> • Eat and drink slowly. • Drink 8-10 glasses of water or fluid each day unless your care provider has instructed you to limit your fluid intake. • Eat small, frequent meals throughout the day rather than a few large meals. • Eat bland foods; avoid spicy, fried, and greasy foods. • Avoid vigorous exercise immediately after eating. • Don't lie down immediately after eating. • Avoid strong odors. <p>Let your provider know if you experience nausea or vomiting.</p> <p>Your provider may prescribe medication to help with the nausea or vomiting.</p>
Changes in liver function	<p>Your liver function should be checked periodically by a simple blood test. Contact your care provider if you notice any of the following:</p> <ul style="list-style-type: none"> • Yellowing of the skin or whites of your eyes • Dark or brown urine • Bleeding or bruising

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Possible Side Effect	Management
<p>Diarrhea (loose and/or urgent bowel movements)</p>	<p>Monitor how many bowel movements you have each day.</p> <ul style="list-style-type: none"> • Drink 8–10 glasses of water or fluid each day unless your care provider has instructed you to limit your fluid intake. • Eat small, frequent meals throughout the day rather than a few large meals. • Eat bland, low-fiber foods (e.g., bananas, applesauce, potatoes, chicken, rice, toast). • Avoid high-fiber foods (e.g., raw vegetables, raw fruits, whole grains). • Avoid foods that cause gas (e.g., broccoli, beans). • Avoid lactose-containing foods (e.g., yogurt, milk). • Avoid spicy, fried, and greasy foods. <p>Contact your provider if any of the following occur:</p> <ul style="list-style-type: none"> • The number of bowel movements you have in a day increases by four or more. • You feel dizzy or lightheaded. <p>Your care provider may recommend an over-the-counter medication called loperamide (Imodium®) to help with your diarrhea, but talk to your care provider before starting this medication.</p>
<p>Decreased hemoglobin, part of the red blood cells that carry iron and oxygen</p>	<p>Your hemoglobin should be monitored using a blood test. When your hemoglobin is low, you may notice that you get tired or fatigued more easily.</p> <ul style="list-style-type: none"> • Try to get 7–8 hours of sleep per night. • Avoid operating heavy machinery if you feel too tired. • Find a balance between work and rest. • Stay as active as possible, but know that it is okay to rest as needed. • You might notice that you are more pale than usual. <p>Let your health care provider know right away if you experience any of the following:</p> <ul style="list-style-type: none"> • Shortness of breath • Dizziness • Palpitations

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Possible Side Effect	Management
<p>Decreased white blood cells (WBCs) and increased risk for infection</p>	<p>Your WBCs should be monitored by a simple blood test. When your WBCs are low, you are at a greater risk of having an infection. Take the following precautions to protect yourself from infection.</p> <ul style="list-style-type: none"> • Wash your hands often, especially before eating and after using the bathroom. • Avoid crowds and people with fevers, flu, or other infection. • Bathe regularly to keep good personal hygiene. <p>Contact your care provider if you experience any signs or symptoms of an infection:</p> <ul style="list-style-type: none"> • Fever (temperature more than 100.4°F or 38°C) • Chills • Sore throat • Burning with urination • Unusual tiredness • A sore that becomes red, is draining, or does not heal <p>Check with your care provider before taking any medicine for a fever or chills.</p>
<p>Constipation</p>	<p>Monitor how many bowel movements you have each day.</p> <ul style="list-style-type: none"> • Drink 8–10 glasses of water or fluid each day, unless your care provider has instructed you to limit your fluid intake because of some other health problem. • Stay active and exercise, if possible. • Eat foods high in fiber, like raw fruits and vegetables. <p>Contact your care provider if you have not had a bowel movement in three or more days.</p> <p>Your care provider may recommend over-the-counter medications to help with your constipation. A daily stool softener, such as docusate (Colace®), and/or a laxative, such as senna (Senokot®), may be helpful. If these do not help within 48 hours, tell your provider.</p>
<p>Changes in laboratory values (decreased sodium levels, increased cholesterol levels, decreased phosphate, and increased triglycerides)</p>	<p>Changes in some laboratory values may occur and will be monitored by a simple blood test.</p> <ul style="list-style-type: none"> • You may not feel any symptoms if the changes are mild, and they usually are not a sign of a serious problem. • More severe changes may occur, which can be a sign of a serious problem. <p>Notify your healthcare provider if you have any of the following:</p> <ul style="list-style-type: none"> • Shortness of breath • Chest discomfort • Weakness or fatigue • New aches and pains • Headaches • Dizziness • Swelling of your legs or feet • Red- or brown-colored urine

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Possible Side Effect	Management
<p>Decreased platelet count and increased risk of bleeding</p>	<p>Your platelets should be monitored by a simple blood test. When they are low, you may bruise or bleed more easily than usual.</p> <ul style="list-style-type: none"> • Use caution to avoid bruises, cuts, or burns. • Blow your nose gently, and do not pick your nose. • Brush your teeth gently with a soft toothbrush, and maintain good oral hygiene. • When shaving, use an electronic razor instead of razor blades. • Use a nail file instead of nail clippers. <p>Call your care provider if you have bleeding that won't stop. Examples include the following:</p> <ul style="list-style-type: none"> • A bloody nose that bleeds for more than five minutes despite pressure • A cut that continues to ooze despite pressure • Gums that bleed excessively when you floss or brush <p>Seek medical help immediately if you experience any severe headaches, observe blood in your urine or stool, cough up blood, or experience prolonged and uncontrollable bleeding.</p> <p>You may need to take a break or “hold” your medication for medical or dental procedures. Talk to your care provider or dentist before any scheduled procedures.</p>
<p>Taste changes</p>	<p>Some people experience a metallic or bitter taste in their mouth. To help with taste changes, try the following:</p> <ul style="list-style-type: none"> • Choose and prepare foods that look and smell good to you. • Use plastic utensils if food tastes like metal. • Flavor foods with spices to change taste. • Suck on mints or chew gum to mask taste. • Brush teeth before and after eating with a soft bristle toothbrush. • Avoid smoking. <p>Notify your doctor if you are having trouble eating or are losing weight.</p>
<p>Abdominal pain</p>	<p>Abdominal pain or discomfort may occur. Report any serious pain or symptoms to your care provider immediately.</p>

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Possible Side Effect	Management
Rash or itchy skin	<ul style="list-style-type: none">• Keep your skin moisturized with creams and moisturizing lotions to decrease the risk of rash or itchiness, and wear loose fitting clothing.• Avoid using perfumes and cologne as these products may increase rash symptoms.• Avoid being in the heat for long periods of time.• Your provider may recommend an over-the-counter antihistamine or a topical cream. <p>Sunlight can make symptoms worse.</p> <ul style="list-style-type: none">• Avoid sun exposure as much as possible to decrease the risk of sunburn. The highest exposure to UV (ultraviolet) radiation occurs between the hours of 10 am and 4 pm.• Wear long-sleeved clothing, with UV protection if possible.• Wear broad-brimmed hats.• Apply broad-spectrum sunscreen (UVA/UVB) with at least SPF 30 as often as directed on the bottle.• Use lip balm with at least SPF 30. <p>If your rash or itching continues to worsen, contact your care provider.</p>

Serious side effects of rucaparib

- There is a small risk of developing a second cancer years or months after taking rucaparib. Talk to your care team about this risk.

If you experience ANY uncontrolled side effect, call your physician or healthcare center immediately:

(INSTITUTIONAL CONTACT INFO)

Pregnancy, sexual activity, and contraception

- Women should not become pregnant and men should not get a partner pregnant while taking rucaparib. Men and women of childbearing age and potential should use effective contraception during therapy and for a minimum of 6 months for women, and for a minimum of 3 months for men, after the last dose of rucaparib.
- Do not breastfeed while taking rucaparib and for 2 weeks after the last dose of rucaparib.
- Please inform your care provider if you become pregnant.
- It is safe to hug and kiss. Special precautions may be needed for sexual activity while on rucaparib, and you are encouraged to ask your care provider.

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Obtaining medication

- Talk with your care provider about the process for obtaining your rucaparib.

_____ (PHARMACY OR SPECIALTY PHARMACY CONTACT INFO)

Additional resources

Product website: www.rubraca.com

Product prescribing information: <https://www.rubracahcp.com/wp-content/uploads/RubracaUSPI.pdf>

Product resources: www.rubraca.com/ovarian-cancer; www.rubraca.com/prostate-cancer

Updated – September 29, 2023

Additional instructions

Important notice: The Association of Community Cancer Centers (ACCC), Hematology/Oncology Pharmacy Association (HOPA), National Community Oncology Dispensing Association, Inc. (NCODA), and Oncology Nursing Society (ONS) have collaborated in gathering information for and developing this patient education guide. This guide represents a brief summary of the medication derived from information provided by the drug manufacturer and other resources. This guide does not cover all existing information related to the possible uses, directions, doses, precautions, warnings, interactions, adverse effects, or risks associated with this medication and should not substitute for the advice of a qualified healthcare professional. Provision of this guide is for informational purposes only and does not constitute or imply endorsement, recommendation, or favoring of this medication by ACCC, HOPA, NCODA, or ONS, who assume no liability for and cannot ensure the accuracy of the information presented. The collaborators are not making any representations with respect to the medications whatsoever, and any and all decisions, with respect to such medications, are at the sole risk of the individual consuming the medication. All decisions related to taking this medication should be made with the guidance and under the direction of a qualified healthcare professional.

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