

## Medication Information Sheet

**trametinib** (tra-MET-i-nib)

*This document provides general information about your medication. It does not replace the advice of your health care professional. Always discuss your therapy with your health care professional and refer to the package insert for more details.*

**Other Name:** Mekinist®

**Appearance:** tablet In various strengths, shapes and colours

**What is this medication for?**

- For treating a specific type of skin cancer called melanoma or lung cancer (non-small cell) that has spread to other parts of the body or cannot be removed by surgery.
- Trametinib may be given alone, or together with another medication called dabrafenib.

**What should I do before I have this medication?**

- Tell your doctor and pharmacist if you have/had significant medical condition(s), especially if you have or had:
  - ◊ liver, kidney, eye or heart problems (including irregular heartbeat),
  - ◊ high blood pressure,
  - ◊ lung or breathing problems,
  - ◊ blood clots or bleeding problems,
  - ◊ diabetes or stomach problems,
  - ◊ or any allergies.
- People with cancer have a higher risk of getting other cancers or developing blood clots. Some cancer medications may increase these risks, especially if used for a long period of time. Discuss any concerns about this medication with your health care team.

**How will this medication affect sex, pregnancy and breastfeeding?**

- The use of this medication in men or women may cause harm to the unborn baby if pregnancy occurs. Let your health care team know if you or your partner is pregnant, becomes pregnant during treatment, or if you are breastfeeding.

- If there is ANY chance that you or your partner may become pregnant, you and your partner together must:
- ► **Use 2 effective forms of birth control at the same time** while receiving this drug: Keep using birth control until **4 months** after the last dose (for females) or for at least **6 months** after the last dose (for males; general recommendation). Discuss with your healthcare team.
- Do not breastfeed while taking this drug
- This medication may affect fertility (ability to get pregnant)

## How is this medication given?

- This medication is usually taken once a day by mouth.
- Swallow whole pill with a glass of water on an empty stomach, at least one hour before or two hours after food or other medications.
- Do not crush or chew the tablets.
- Take the dose at about the same time each day.
- If a dose is missed, take it only if there are more than 12 hours until the next dose. Otherwise, skip this dose and take the next one at the usual time. Do not double the dose to make up for the missed dose.

## What else do I need to know while on this medication?

- This medication can interact with other medications and can result in the treatment not working as well or cause severe side effects.
- Make sure your health care team knows about all your medications (prescription, over-the-counter, herbals and supplements). Check with your health care team before starting or stopping any of them.

### For mild aches and pain or fever:

- If you feel unwell, take your temperature before taking any medications for pain or fever. They may hide a fever.
- You may take acetaminophen (Tylenol®) tablets. Ask your health care team about the right dose for you.
- Ibuprofen (Advil®, Motrin®), naproxen (Aleve®) or aspirin (acetylsalicylic acid, ASA), including low dose aspirin for heart conditions, may increase your chance of bleeding. Talk to your health care team before you start or stop these medications.

- **If you are taking this drug with dabrafenib without any instructions on managing fever, and if your temperature is higher than 38.3°C, get emergency help right away.** See "Fever" in the side effects section below for more information.
- Drinking alcohol and smoking during your treatment may increase some side effects and make your medication less effective. Speak to your health care team about smoking and drinking alcohol while on treatment.

## How should I safely store this medication?

- Keep refrigerated but do not freeze; protect from light and moisture. Keep out of reach of children and pets.
- Keep in the original bottle.
- Do not throw out any unused drugs at home. Bring them to your pharmacy for safe disposal.

## What are the side effects of this medication?

You may not have all of the side effects below. You may have side effects that are not listed.

Side effects and what to do	When to contact doctor?
<b>Very Common Side Effects (50 or more out of 100 people)</b>	
<p><b>Rash; dry, itchy skin</b></p> <p><b>Rash may be severe</b> in some rare cases and cause your skin to blister or peel. If this happens, get emergency medical help right away.</p> <p>Stay out of the sun; wear sunblock with UVA and UVB protection and SPF 30 and cover exposed skin.</p> <p><b>To prevent and treat dry skin,</b></p> <ul style="list-style-type: none"> <li>• Use skin moisturizer.</li> <li>• Protect your skin from the sun and the cold</li> </ul>	<p>Contact your health care team if no improvement or if severe</p>

Side effects and what to do	When to contact doctor?
<b>Common Side Effects (25 to 49 out of 100 people)</b>	
<p><b>Diarrhea (may be severe)</b></p> <p>May happen days to weeks after you get your treatment.</p> <p><b>If you have diarrhea :</b></p> <ul style="list-style-type: none"> <li>• Take anti-diarrhea medication if your health care team prescribed it.</li> <li>• Avoid foods or drinks with artificial sweetener (e.g. chewing gum, “diet” drinks), coffee and alcohol.</li> <li>• Eat many small meals and snacks instead of 2 or 3 large meals.</li> <li>• Drink at least 6 to 8 cups of liquids each day. Talk to your health care team if you can’t drink 6-8 cups of liquids each day when you have diarrhea. You may need special liquids with salt and sugar, called Oral Rehydration Therapy.</li> </ul> <p>See the <a href="#">Diarrhea</a> pamphlet for more information.</p>	<p>Contact your health care team if no improvement or if severe</p>
<p><b>Mild swelling in arms and legs; puffiness</b></p> <p><b>To help prevent swelling :</b></p> <ul style="list-style-type: none"> <li>• Eat a low-salt diet.</li> <li>• Avoid tight fitting clothing.</li> </ul> <p><b>If you have swelling in your legs</b>, keep your feet up when sitting.</p>	<p>Contact your health care team if no improvement or if severe</p>
<p><b>Fatigue (tiredness)</b></p> <ul style="list-style-type: none"> <li>• Be active and aim to get 30 minutes of moderate exercise (you are able to talk comfortably while exercising) on most days. Check with your health care team before starting any new exercise.</li> <li>• Pace yourself, do not rush. Put off less important activities. Rest when you need to.</li> <li>• Eat well and stay hydrated by drinking at least 6 to 8 glasses of water or other liquids every day (unless your doctor told you to drink more or less).</li> <li>• Avoid driving or using machinery if you are feeling tired</li> </ul> <p>See our <a href="#">Fatigue</a> pamphlet for more information.</p>	<p>Contact your health care team if no improvement or if severe</p>

Side effects and what to do	When to contact doctor?
<b>Less Common Side Effects (10 to 24 out of 100 people)</b>	
<p><b>Unusual bleeding or bruising (may be severe)</b></p> <ul style="list-style-type: none"> <li>• You may have black stools (poo), cough up blood, blood in your pee, purple or red dots on your skin, or bleeding that will not stop.</li> <li>• It may happen in days to weeks after you receive your treatment.</li> <li>• It may be due to low platelets (a type of blood cell).</li> <li>• Take care of your mouth and use a soft toothbrush.</li> <li>• Be careful not to cut or hurt yourself.</li> <li>• Check with your doctor before you have any surgeries and before going to see the dentist.</li> <li>• See the <a href="#">low platelets</a> pamphlet for more information.</li> </ul>	Get emergency medical help right away
<p><b>Nausea and vomiting (generally mild)</b></p> <p>May occur in hours to days after your treatment.</p> <p><b>If you have nausea or vomiting:</b></p> <ul style="list-style-type: none"> <li>• Take anti-nausea medication(s) as prescribed to you by your doctor.</li> <li>• Drink clear liquids and have small meals. Get fresh air and rest.</li> <li>• Do not eat spicy, fried foods or foods with a strong smell.</li> <li>• Limit caffeine (e.g. coffee, tea) and alcohol.</li> <li>• Contact your health care team if the prescribed anti-nausea medications are not helping to control your nausea and vomiting.</li> </ul> <p>Also see <a href="#">Nausea &amp; Vomiting</a> pamphlet for more information.</p>	Contact your healthcare team if no improvement or if severe
<p><b>Hair thinning or loss</b></p> <ul style="list-style-type: none"> <li>• Use a gentle soft brush and avoid hair sprays, bleaches, dyes and perms.</li> <li>• In most cases, your hair will grow back after treatment, but the texture or colour may change.</li> </ul>	Talk to your health care team if this bothers you
<p><b>New or worsening high blood pressure (may be severe)</b></p> <ul style="list-style-type: none"> <li>• Check your blood pressure regularly. Your doctor may prescribe medication to treat high blood pressure.</li> <li>• If you have a severe headache, severe dizziness, or if you faint get emergency help right away as it may be a sign your blood pressure is too high.</li> </ul>	Contact your health care team if no improvement or if severe

Side effects and what to do	When to contact doctor?
<b>Less Common Side Effects (10 to 24 out of 100 people)</b>	
<p><b>Constipation</b></p> <p><b>To help prevent constipation :</b></p> <ul style="list-style-type: none"> <li>• Drink more liquids and eat well. Drink at least 6 to 8 cups of liquids each day unless you have been told otherwise.</li> <li>• Be Active. Exercise can help to keep you regular.</li> <li>• Try to eat more fiber (e.g. fruits with skin, leafy greens and whole grains). If you take opioid pain medication, ask your health care team if eating more fibre is right for you.</li> </ul> <p><b>To help treat constipation :</b></p> <ul style="list-style-type: none"> <li>• If you have not had a bowel movement in 2 to 3 days you may need to take a laxative. Ask your health care team what to do.</li> </ul> <p>See the <a href="#">Constipation</a> Pamphlet for more information.</p>	<p>Contact your health care team if no improvement or if severe</p>
<p><b>Headache; mild joint, muscle pain or cramps</b></p> <ul style="list-style-type: none"> <li>• Take your pain medication as prescribed by your doctor.</li> <li>• You can take acetaminophen (Tylenol®) tablets as needed for mild aches and pains. Ask your doctor or pharmacist about the right dose for you.</li> <li>• Talk to your doctor or pharmacist first before taking ibuprofen (Advil®, Motrin®), naproxen (Aleve®) or aspirin. These medication may increase bleeding risk.</li> <li>• Rest often and try light exercise as it may help.</li> </ul>	<p>Contact your health care team if no improvement or if severe</p>
<p><b>Pains or cramps in the belly</b></p> <ul style="list-style-type: none"> <li>• If you have constipation or diarrhea it may be causing the pain in your belly.</li> <li>• If the pain is severe, gets worse or doesn't go away, talk to your health care team about other possible causes.</li> </ul>	<p>Contact your health care team if no improvement or if severe</p>
<p><b>Dry mouth</b></p> <p><b>To help prevent and treat dry mouth :</b></p> <ul style="list-style-type: none"> <li>• Use sugar-free gum or lozenges (e.g. contains xylitol) to help you make saliva.</li> <li>• Rinse your mouth with a homemade mouth rinse (1 teaspoon of salt and 1 teaspoon of baking soda in 4 cups of water) every 1 to 2 hours</li> <li>• Suck on ice chips or sugarless popsicles to help relieve dry mouth.</li> <li>• Spray your mouth with water or artificial saliva products (e.g., Moi-Stir Spray®, Biotene® products) as needed to keep it moist.</li> </ul>	<p>Contact your health care team if no improvement or if severe</p>

Side effects and what to do	When to contact doctor?
<b>Less Common Side Effects (10 to 24 out of 100 people)</b>	
<ul style="list-style-type: none"> <li>• Speak to your health care team about the right product for you.</li> </ul> <p>See our <a href="#">Mouth Care</a> pamphlet for more information.</p>	
<p><b>Fever</b> (not related to infection; more likely to occur when used together with dabrafenib)</p> <ul style="list-style-type: none"> <li>• Trametinib and dabrafenib can cause a fever, including high fever (more than 40°C). It may be severe with chills, shaking, too much fluid loss, low blood pressure or kidney problems.</li> <li>• Your doctor will tell you what to do with fever that may be due to your medications. For mild fever, you may be instructed to take acetaminophen (Tylenol®) as directed.</li> <li>• If you do not have any instructions on managing fever and your temperature is higher than 38.3°C, get emergency help right away.</li> </ul>	<p>Contact your health care team if no improvement or if severe</p>
<p><b>Cough; feeling short of breath</b></p> <p>You may have cough and feel short of breath without any signs of infection, such as a sore throat or a stuffed nose.</p> <p><b>Rarely this may be severe with chest pain, trouble breathing or coughing up blood. If this happens get medical help right away.</b></p>	<p>Contact your health care team if no improvement or if severe</p>
<p><b>Nail changes</b></p> <p>You may have changes in nail colour, pain or tenderness in the nailbed, swelling of cuticles, or loosening of nails.</p> <ul style="list-style-type: none"> <li>• Will slowly return to normal after treatment ends.</li> <li>• Use a moisturizer for nails and cuticles.</li> <li>• Avoid nail polish and artificial fingernails until your nails have returned to normal.</li> <li>• Wear gloves when doing house chores or gardening.</li> </ul>	<p>Contact your health care team if no improvement or if severe</p>
<p><b>Abnormal liver lab tests (may be severe)</b></p> <ul style="list-style-type: none"> <li>• You may have yellowish skin or eyes, unusually dark pee or pain on the right side of your belly. Talk to your health care team if this happens.</li> <li>• Your doctor may monitor your liver regularly with a blood test.</li> </ul>	<p>Contact your health care team if no improvement or if severe</p>

**Other rare, but serious side effects are possible.**

**If you experience ANY of the following, speak to your cancer health care provider or get emergency medical help right away:**

- Signs of an allergy such as fever, rash, swollen lips face or tongue, chest and throat tightness

- Irregular heartbeat, chest pain or fainting spells
- Pain, swelling and hardening of a vein in your arm or leg
- Severe pain in your belly; may extend to your back, may have vomiting and swelling of your belly
- Problems with your vision, dizziness, severe headache or confusion
- Severe muscle pain, weakness and dark-coloured pee
- Any unusual changes in your skin, such as skin sores that do not heal; mole which is growing, changing shape or colour or has an irregular border

For more links on how to manage your symptoms go to [www.cancercareontario.ca/symptoms](http://www.cancercareontario.ca/symptoms).

*The information set out in the medication information sheets, regimen information sheets, and symptom management information (for patients) contained in the Drug Formulary (the "Formulary") is intended to be used by health professionals and patients for informational purposes only. The information is not intended to cover all possible uses, directions, precautions, drug interactions or side effects of a certain drug, nor should it be used to indicate that use of a particular drug is safe, appropriate or effective for a given condition.*

*A patient should always consult a healthcare provider if he/she has any questions regarding the information set out in the Formulary. The information in the Formulary is not intended to act as or replace medical advice and should not be relied upon in any such regard. All uses of the Formulary are subject to clinical judgment and actual prescribing patterns may not follow the information provided in the Formulary.*