



Provincial Health Services Authority

For the Patient: Cobimetinib
Other names: COTELLIC®

- **Cobimetinib** (koe" bi me' ti nib) is a drug that is used to treat some types of cancer. It is a tablet that you take by mouth. The tablet contains lactose.
- Tell your doctor if you have ever had an unusual or **allergic reaction** to cobimetinib before taking cobimetinib.
- A **blood test** may be taken before each treatment. The dose and timing of your treatment may be changed based on the test results and/or other side effects.
- It is important to **take** cobimetinib exactly as directed by your doctor. Make sure you understand the directions.
- You may **take** cobimetinib with food or on an empty stomach.
- If you **miss a dose** of cobimetinib, take it as soon as you can if it is within 12 hours of the missed dose. If it is more than 12 hours since your missed dose, skip the missed dose and go back to your usual dosing times.
- If you **vomit** the dose of cobimetinib, do not take a second dose. Skip the missed dose and go back to your usual dosing times. Call your doctor during office hours for advice, as a medication to prevent nausea may be required for future doses.
- Other drugs such as itraconazole (SPORANOX®) may **interact** with cobimetinib. Tell your doctor if you are taking this or any other drugs as you may need extra blood tests or your dose may need to be changed. Check with your doctor or pharmacist before you start or stop taking any other drugs.
- **Avoid grapefruit and grapefruit juice** for the duration of your treatment, as these may interact with cobimetinib.
- The **drinking of alcohol** (in small amounts) does not appear to affect the safety or usefulness of cobimetinib.
- Cobimetinib may damage sperm and may harm the baby if used during pregnancy. It is best to use two forms of reliable **birth control** while being treated with cobimetinib and for at least 3 months after the last dose. Tell your doctor right away if you or your partner becomes pregnant. Do not breastfeed during treatment and for 2 weeks after the last dose.
- **Store** cobimetinib tablets out of the reach of children, at room temperature, away from heat, light, and moisture.

- **Tell** doctors, dentists, and other health professionals that you are being treated with cobimetinib before you receive any treatment from them.

Side effects are listed in the following table in the order in which they may occur. Tips to help manage the side effects are included.

SIDE EFFECTS	MANAGEMENT
<p>Allergic reactions may rarely occur. Signs of an allergic reaction may include flushing, rash, itching, dizziness, swelling or breathing problems.</p>	<p>Contact your doctor immediately or get emergency help if this happens after you start taking cobimetinib.</p>
<p>Nausea and vomiting may occur after your treatment. Most people have little or no nausea.</p>	<p>You may be given a prescription for antinausea drug(s) to take at home. It is easier to prevent nausea than treat it once it has occurred, so follow directions closely.</p> <ul style="list-style-type: none"> • Drink plenty of fluids. • Eat and drink often in small amounts. • Try the ideas in Practical Tips to Manage Nausea.*
<p>Skin reactions such as rash or acne may sometimes occur.</p>	<p>If very irritating, call your doctor. Otherwise, be sure to mention it at your next visit.</p>
<p>Fever and chills may sometimes occur.</p>	<ul style="list-style-type: none"> • Take acetaminophen (e.g., TYLENOL®) every 4-6 hours, to a maximum of 4 g (4000 mg) per day.
<p>Diarrhea commonly occurs.</p>	<p>If diarrhea is a problem:</p> <ul style="list-style-type: none"> • Drink plenty of fluids. • Eat and drink often in small amounts. • Avoid high fibre foods as outlined in Food Choices to Help Manage Diarrhea.* • Note: If lactose in milk usually gives you diarrhea, the lactose in the tablet may be causing your diarrhea. Take LACTAID® tablets just before your cobimetinib dose.

SIDE EFFECTS	MANAGEMENT
<p>Your platelets may decrease. Platelets help to make your blood clot when you hurt yourself. You may bruise or bleed more easily than usual.</p>	<p>To help prevent bleeding problems:</p> <ul style="list-style-type: none"> • Try not to bruise, cut, or burn yourself. • Clean your nose by blowing gently. Do not pick your nose. • Avoid constipation. • Brush your teeth gently with a soft toothbrush as your gums may bleed more easily. Maintain good oral hygiene. <p>Some medications such as ASA (e.g., ASPIRIN®) or ibuprofen (e.g., ADVIL®) may increase your risk of bleeding.</p> <ul style="list-style-type: none"> • Do not stop taking any medication that has been prescribed by your doctor (e.g., ASA for your heart). • For minor pain, try acetaminophen (e.g., TYLENOL®) first, to a maximum of 4 g (4000 mg) per day, but occasional use of ibuprofen may be acceptable.
<p>Sore mouth may sometimes occur. Mouth sores can occur on the tongue, the sides of the mouth, or in the throat. Mouth sores or bleeding gums can lead to an infection.</p>	<ul style="list-style-type: none"> • Brush your teeth gently after eating and at bedtime with a very soft toothbrush. If your gums bleed, use gauze instead of a brush. Use baking soda instead of toothpaste. • Make a mouthwash with $\frac{1}{4}$ teaspoon baking soda AND $\frac{1}{4}$ teaspoon salt in 1 cup warm water and rinse several times a day. • Try the ideas in Food Ideas to Try with a Sore Mouth.*
<p>Joint pain may sometimes occur.</p>	<p>You may take acetaminophen (e.g., TYLENOL®) every 4-6 hours to a maximum of 4 g (4000 mg) per day or ibuprofen (e.g., ADVIL®) for mild to moderate pain. Tell your doctor if the pain interferes with your activity.</p>
<p>Tiredness and lack of energy commonly occurs.</p>	<ul style="list-style-type: none"> • Do not drive a car or operate machinery if you are feeling tired. • Try the ideas in Fatigue/Tiredness – Patient Handout OR Your Bank to Energy Savings: Helping People with Cancer Handle Fatigue.*

SIDE EFFECTS	MANAGEMENT
Hair loss sometimes occurs with cobimetinib. Hair will grow back once you stop treatment with cobimetinib.	If hair loss is a problem, refer to Resources for Hair Loss and Appearance Changes – Patient Handout .*
Your skin may sunburn more easily than usual.	<ul style="list-style-type: none"> • Refer to <i>Your Medication Sun Sensitivity and Sunscreens*</i> or the <i>BC Health Guide</i> for more information. • After sun exposure, if you have a severe sunburn or skin reaction such as itching, rash, or swelling, contact your doctor.
High blood pressure may sometimes occur.	<p>Your blood pressure may be checked during your visits to your doctor</p> <ul style="list-style-type: none"> • You may be asked to check your blood pressure frequently between visits. • Your doctor may give you medication if your blood pressure is high. • Tell your doctor if you are already on blood pressure medication. Your doctor may have to adjust your dose.

*Please ask your chemotherapy nurse or pharmacist for a copy.

STOP TAKING COBIMETINIB AND SEE YOUR DOCTOR OR GET EMERGENCY HELP IMMEDIATELY IF YOU HAVE:

- Signs of an **allergic reaction** (rare) soon after a treatment including rash, dizziness, fast heartbeat, face swelling, or breathing problems.
- Signs of **bleeding problems** such as black, tarry stools; blood in urine; pinpoint red spots on skin; extensive bruising.
- Signs of **heart or lung problems** such as fast or uneven heartbeat, chest pain, chest pressure, shortness of breath or difficulty in breathing, swelling of feet or lower legs, or fainting.

SEE YOUR DOCTOR AS SOON AS POSSIBLE (DURING OFFICE HOURS) IF YOU HAVE:

- Signs of **liver problems** such as yellow eyes or skin, white or clay-coloured stools.
- **Changes in eyesight, eye pain, blurred vision** or **sensitivity of eyes to light**.
- **Scaly or crusted** areas on the skin, skin **sores** that do not heal, or any change in warts or moles.
- Easy **bruising** or minor **bleeding**.
- **Muscle pain, spasms** or severe muscle weakness.
- **Dark coloured urine**.

