



Provincial Health Services Authority

For the Patient: Trametinib
Other names: MEKINIST®

- **Trametinib** (tra me' ti nib) is a drug that is used to treat some types of cancer. It is a tablet that you take by mouth.
- Tell your doctor if you have ever had an unusual or **allergic reaction** to trametinib before taking trametinib.
- **Blood tests** may be taken regularly during treatment. The dose and timing of your chemotherapy may be changed based on the test results and/or other side effects.
- It is important to **take** trametinib exactly as directed by your doctor. Make sure you understand the directions. You may be given tablets of more than one strength to make the right dose.
- **Take** trametinib on an empty stomach.
- If you **miss a dose** of trametinib, 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 trametinib, 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 may **interact** with trametinib. Check with your doctor or pharmacist before you start or stop taking any other drugs.
- The **drinking of alcohol** (in small amounts) does not appear to affect the safety or usefulness of trametinib.
- Trametinib may cause **sterility** in women. If you plan to have children, discuss this with your doctor before being treated with trametinib.
- Trametinib may damage sperm and harm the baby if used during pregnancy. It is best to use **birth control** during treatment and for 4 months after your last dose. Tell your doctor right away if you or your partner becomes pregnant. Do not breastfeed during treatment.
- **Store** trametinib tablets out of the reach of children, in the refrigerator, away from light and moisture. Keep in the original bottle and do not remove the desiccant. Once the bottle has been opened, tablets may be stored in the refrigerator or at room temperature for 30 days. Return expired tablets to your pharmacy for disposal.

- **Tell** doctors, dentists, and other health professionals that you are being treated with trametinib 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>Nausea and vomiting may sometimes occur. 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>Nail changes, or skin reactions such as rash, acne, itchiness, or dryness commonly occur.</p>	<p>If very irritating, call your doctor. Otherwise, be sure to mention it at your next visit.</p>
<p>Fever 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 may sometimes occur.</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.*
<p>Constipation may sometimes occur.</p>	<ul style="list-style-type: none"> • Exercise if you can. • Drink plenty of fluids. • Try ideas in Food Choices to Manage Constipation.*
<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.*

SIDE EFFECTS	MANAGEMENT
Muscle or joint pain may rarely occur.	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.
Swelling of hands, feet, or lower legs may sometimes occur.	If swelling is a problem: <ul style="list-style-type: none"> • Elevate your feet when sitting. • Avoid tight clothing.
Tiredness and lack of energy may sometimes occur.	<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.*
Hair loss sometimes occurs with trametinib. Hair will grow back once you stop treatment with trametinib. Colour and texture may change.	If hair loss is a problem, refer to Resources for Hair Loss and Appearance Changes – Patient Handout .*
High blood pressure may sometimes occur.	Your blood pressure may be checked during your visits to your doctor. <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 TRAMETINIB AND SEE YOUR DOCTOR OR GET EMERGENCY HELP IMMEDIATELY IF YOU HAVE:

- Signs of **heart or lung problems** such as slow or uneven heartbeat, chest pain, chest pressure, shortness of breath or difficulty in breathing, cough, swelling of feet or lower legs, or fainting.
- Signs of a **blood clot** such as tenderness or hardness over a vein, calf swelling and tenderness, sudden onset of cough, chest pain, or shortness of breath.
- Signs of **bleeding problems** such as black, tarry stools; blood in urine; pinpoint red spots on skin; extensive bruising.
- Signs of a **stroke** such as sudden onset of severe headache, eyesight changes, slurred speech, loss of coordination, weakness or numbness in arm or leg.
- Sudden abdominal pain

