

Dabrafenib and Trametinib

Care Team Contact Information: _____

Pharmacy Contact Information: _____

Diagnosis: _____

- This treatment is often used for certain types of skin cancer, lung cancer, thyroid cancer, brain tumors, and other solid tumors. However, it may also be used for other reasons.
- Your care team will perform a test for a certain type of abnormal “BRAF” gene to make sure that treatment is right for you.

Goal of Treatment: _____

- Treatment may continue for a certain time period, until it no longer works, or until side effects are no longer controlled.

Treatment Regimen

Treatment Name	How the Treatment Works	How the Treatment is Given
Dabrafenib (duh-BRA-feh-nib): Tafinlar (TA-fin-lar)	Slows down or stops the growth of cancer cells by blocking a specific protein that helps them survive.	Capsules taken by mouth. or Tablets for oral suspension taken by mouth.
Trametinib (truh-MEH-tih-nib): Mekinist (MEH-kih-nist)	Slows down or stops the growth of cancer cells by blocking a specific protein that helps them survive.	Tablet(s) taken by mouth. or Oral solution taken by mouth.

Treatment Administration and Schedule

Your dabrafenib and trametinib dosing instructions:

Treatment Administration and Schedule (Continued)

Treatment Name	Example Week						
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Dabrafenib AM Dose	✓	✓	✓	✓	✓	✓	✓
Dabrafenib PM Dose	✓	✓	✓	✓	✓	✓	✓
Trametinib	✓	✓	✓	✓	✓	✓	✓

Dabrafenib Information

- Dabrafenib comes in 2 capsules strengths (50 mg and 75 mg) and 1 tablet for oral suspension strength (10 mg).
- If you miss a dose of dabrafenib, take or give it as soon as you remember. Do not take or give a missed dose of dabrafenib if it is less than 6 hours before your next scheduled dose. Just skip the missed dose and take or give the next dose of dabrafenib at the regular time.
- If vomiting happens after taking or giving a dose of dabrafenib, do not take or give an additional dose. Take or give the next dose of dabrafenib at the regular time.
- If you take too much dabrafenib, call your care team or go to the nearest hospital emergency room right away.

☐ Dabrafenib Capsules

- Take dabrafenib 2 times a day, at the same time each day, about 12 hours apart.
- Take dabrafenib on an empty stomach (at least 1 hour before or 2 hours after a meal).
- Take capsules whole. Do not open, crush, or break dabrafenib capsules.
- If dabrafenib capsules are prescribed for your child weighing at least 57 pounds (26 kg), your child's care team will adjust their dose as your child grows.
- Tell your care team if you or your child is not able to swallow dabrafenib capsules whole.

Storage and Handling of Dabrafenib Capsules

- Store dabrafenib capsules at room temperature between 68°F to 77°F (20°C to 25°C).
- Keep dabrafenib capsules in the original bottle.
- The bottle of dabrafenib capsules contains a canister with a drying agent (desiccant) to help keep your medicine dry. Do not throw away the desiccant canister.
- Keep dabrafenib capsules and all medicines out of the reach of children and pets.
- Ask your care team how to safely throw away any unused dabrafenib capsules.

☐ Dabrafenib Tablets for Oral Suspension

- If dabrafenib tablets for oral suspension are prescribed for your child, your child's care team will adjust their dose as your child grows.
- Dabrafenib tablets for oral suspension are to be taken or given as a suspension only.
- Do not swallow whole, chew or crush dabrafenib tablets for oral suspension.
- See the "Instructions for Use" that comes with the medicine for instructions on how to correctly prepare and take or give a dose of the dabrafenib oral suspension.
- After the tablets for oral suspension are dispersed into an oral suspension, take or give the medicine right away from a dosing cup, oral syringe or feeding tube (10 French gauge or larger for 1 to 3 tablets, 12 French gauge or larger for 4 to 15 tablets).
- Take or give dabrafenib oral suspension 2 times a day, at the same time each day, about 12 hours apart.
- Take or give each dose of dabrafenib oral suspension on an empty stomach (at least 1 hour before or 2 hours after a meal). If necessary, breastfeeding or baby formula may be given on demand.
- Throw away (dispose of) the prepared dabrafenib oral suspension if it is not used within 30 minutes.

Storage and Handling of Dabrafenib Tablets for Oral Suspension:

- Store the bottle of tablets for oral suspension at room temperature between 68°F to 77°F (20°C to 25°C).
- Store the bottle of tablets for oral suspension, along with the two plastic canisters inside the original packaging, with the cap tightly closed. The canisters contain a drying agent (desiccant) to help keep your medicine dry.
- Tablets for oral suspension come in a bottle with a child-resistant cap.
- Keep dabrafenib tablets for oral suspension and all medicines out of the reach of children and pets.
- Throw away any dabrafenib oral suspension if it is not taken or given within 30 minutes after it is prepared. Ask your care team how to safely throw away any unused dabrafenib tablets or oral suspension.

Trametinib Information

- Trametinib comes in 2 tablet strengths (0.5 mg and 2 mg) and 1 solution strength (0.05 mg/mL).
- If you miss a dose of trametinib, take or give it as soon as you remember. Do not take or give a missed dose of trametinib if it is less than 12 hours before your next scheduled dose. Just skip the missed dose and take or give the next dose of trametinib at the regular time.
- If vomiting happens after taking or giving a dose of trametinib, do not take or give an additional dose. Take or give the next dose of trametinib at the regular time.
- If you take or give too much trametinib, call your care team or go to the nearest hospital emergency room right away.

☐ Trametinib Tablets

- Take trametinib 1 time each day, at the same time each day, about every 24 hours.
- Take trametinib on an empty stomach (at least 1 hour before or 2 hours after a meal).
- Take trametinib tablets whole. Do not crush or break the tablets.
- If trametinib tablets are prescribed for your child weighing at least 57 pounds (26 kg), your child's healthcare provider will adjust their dose as your child grows.
- Tell your care team if you or your child is not able to swallow trametinib tablets whole.

Storage and Handling of Trametinib Tablets

- Store trametinib tablets at room temperature between 68°F to 77°F (20°C to 25°C).
- Keep trametinib tablets dry and away from moisture and light.
- The bottle of trametinib tablets contains a drying agent (desiccant packet) to help keep your medicine dry. Do not throw away (dispose of) the desiccant packet.
- Keep trametinib tablets in the original bottle. Do not place tablets in a pill box.
- Keep trametinib tablets and all medicines out of the reach of children and pets.
- Safely throw away trametinib tablets that are out of date or no longer needed. Ask your care team how to safely throw away any unused trametinib.

☐ Trametinib for Oral Solution

- Trametinib for oral solution should only be given by a caregiver.
- If trametinib for oral solution is prescribed for your child, your child's care team will adjust their dose as your child grows.
- See the "Instructions for Use" that comes with the medicine for instructions on how to correctly give a dose of trametinib.
- Trametinib for oral solution can be given using an oral syringe or feeding tube (4 French gauge or larger).
- Give the trametinib oral solution 1 time each day, at the same time each day, about every 24 hours.
- Give the trametinib oral solution with a low-fat meal or on an empty stomach when giving trametinib alone.
- When giving trametinib in combination with dabrafenib, give the trametinib oral solution on an empty stomach (at least 1 hour before or 2 hours after a meal). If necessary, breastfeeding or baby formula may be given on demand.

Storage and Handling of Trametinib for Oral Solution

- Store trametinib for oral solution in the original amber bottle at room temperature below 77°F (25°C). Do not freeze.
- Keep trametinib for oral solution in the carton it comes in and away from direct moisture and light.
- Throw away unused trametinib for oral solution after the expiration or "discard after" date written on the amber bottle label.
- Keep trametinib for oral solution and all medicines out of the reach of children and pets.
- Ask your care team how to safely throw away any unused trametinib for oral solution.

Appointments: Appointments may include regular check-ups with your care team, lab visits, and imaging tests. It's important to keep your appointments whenever you can. If you miss any appointments, call your care provider as soon as possible to reschedule your appointment.

Supportive Care to Prevent and Treat Side Effects

Description	Supportive Care Taken at Home
To help prevent or treat nausea and vomiting	<hr/> <hr/> <hr/>
Other	<hr/> <hr/> <hr/>

Common Side Effects

Side Effect	Important Information
Fever	<p>Description: Fever is common during treatment with dabrafenib and trametinib. This fever usually lasts for 3 to 7 days after treatment begins. In some cases, chills or shaking chills, too much fluid loss (dehydration), low blood pressure, dizziness, or kidney problems may happen with the fever.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> Take your temperature with a thermometer if you feel like you have a fever. Your care team will treat you as needed for your fever and any signs and symptoms of infection Your care team may check your kidney function during and after you have had severe fever. <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> Fever of 100.4°F (38°C) or higher Fever lasting for more than 3 days Any signs of infections, such as persistent cough, shortness of breath, or pain
Low Red Blood Cell (RBC) Count and Hemoglobin (Hgb)	<p>Description: RBCs and Hgb help bring oxygen to your body's tissues and take away carbon dioxide. If you have low RBC counts or Hgb, you may feel weak, tired, or look pale.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> Get 7 to 8 hours of sleep each night. Avoid operating heavy machinery when tired. Balance work and rest, staying active but resting when needed. <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> Shortness of breath Dizziness Fast or abnormal heartbeats Severe headache
Fatigue	<p>Description: Fatigue is a constant and sometimes strong feeling of tiredness.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> Routine exercise has been shown to decrease levels of fatigue. Work with your care team to find the right type of exercise for you. Ask your family and friends for help with daily tasks and emotional support. Try healthy ways to feel better, like meditation, writing in a journal, doing yoga, and using guided imagery to lower anxiety and feel good. Make a regular sleep schedule and limit naps during the day so you can sleep better at night, aiming for 7 to 8 hours of sleep. Don't use heavy machines or do things that need your full attention if you're very tired to avoid accidents. <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> Tiredness that affects your daily life Tiredness all the time, and it doesn't get better with rest Dizziness and weakness, along with being tired

<p>Headache</p>	<p>Description: A headache can cause you to feel pain or discomfort in your head, making it hard to concentrate or feel your best.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> • Keep a headache diary to track the frequency, duration, intensity, and triggers of your headaches. • Stay hydrated by drinking plenty of water, as dehydration can contribute to headaches. • Apply a cold or warm compress to your forehead or neck to help ease headache pain. • Get adequate sleep (7-8 hours per night) and establish a regular sleep schedule. • Limit caffeine intake. • Your care team may recommend medicine for headaches. <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> • Severe headache • More frequent headaches • Dizziness or light-headedness • Confusion • Vision changes
<p>High Blood Sugar</p>	<p>Description: Some people may develop high blood sugar or worsening diabetes during treatment with trametinib and dabrafenib. If you are diabetic, your healthcare provider should check your blood sugar levels closely during treatment with trametinib and dabrafenib. Your diabetes medicine may need to be changed.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> • Eat a well-balanced diet. • Limit sugary drinks and foods. • Eat smaller, more frequent meals. • Be physically active for at least 30 minutes most days. • Your care team may ask you to check your blood sugar at home. If you are already doing this, they may ask you to do it more frequently. <p>Talk with your care team if you have:</p> <ul style="list-style-type: none"> • Frequent urination • Drowsiness • Increased thirst • Loss of appetite • Blurred vision • Fruity smell on your breath • Confusion • Nausea, vomiting, or stomach pain • It becomes harder to control your blood sugar

Nausea and Vomiting	<p>Description: Nausea is an uncomfortable feeling in your stomach or the need to throw up. This may or may not cause vomiting.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> • Eat smaller, more frequent meals. • Avoid fatty, fried, spicy, or highly sweet foods. • Eat bland foods at room temperature and drink clear liquids. • If you vomit, start with small amounts of water, broth, or other clear liquids when you are ready to eat again. If that stays down, then try soft foods (such as gelatin, plain cornstarch pudding, yogurt, strained soup, or strained cooked cereal). Slowly work up to eating solid food. • Your care team may prescribe medicine for these symptoms. <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> • Vomiting for more than 24 hours • Vomiting that's nonstop • Signs of dehydration (like feeling very thirsty, having a dry mouth, feeling dizzy, or having dark urine) • Blood or coffee-ground-like appearance in your vomit • Bad stomach pain that doesn't go away after vomiting
Diarrhea	<p>Description: Diarrhea is when you have loose, watery bowel movements more often than usual. The need to use the bathroom may occur urgently.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> • Keep track of how many times you go to the bathroom each day. • Drink 8 to 10 glasses of water or other fluids every day, unless your care team tells you otherwise. • Eat small meals of mild, low-fiber foods like bananas, applesauce, potatoes, chicken, rice, and toast. • Avoid eating foods with high fiber (like raw vegetables, fruits, and whole grains), foods that cause gas (like broccoli and beans), dairy foods (like yogurt and milk), and spicy, fried, and greasy foods. • Your care team may recommend medicine (such as loperamide) for diarrhea. <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> • 4 or more bowel movements than normal in 24 hours • Dizziness or lightheadedness while having diarrhea • Bloody diarrhea
Constipation	<p>Description: Constipation means having a hard time passing stools or not going to the bathroom often. Your stools might feel hard and dry, which can make you uncomfortable or hurt.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> • Keep track of how many times you move your bowels every day. • Drink 8 to 10 glasses of water or other fluids each day, unless your care team tells you otherwise. • Exercise regularly. • Eat high-fiber foods like raw fruits and vegetables. • Your care team may recommend medicine (such as polyethylene glycol 3350 or senna) for constipation. <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> • Constipation that lasts 3 or more days • Constipation after 48 hours, even after using a laxative

Liver Problems	<p>Description: Treatment can harm your liver. This may cause nausea, stomach pain, and bleeding or bruising. It can also turn your skin and eyes yellow and make your urine dark. Lab tests may be performed to monitor liver function.</p> <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> • Yellowing of your skin or the whites of your eyes • Severe nausea or vomiting • Pain on the right side of your stomach area (abdomen) • Dark urine (tea colored) • Bleeding or bruising more easily than normal
Muscle and Joint Pain	<p>Description: Muscle pain feels like soreness, aches, cramps, or stiffness in one or more muscles. It may also include tenderness or weakness. Joint pain happens where two bones come together and can feel sharp, dull, throbbing, or burning. It often causes stiffness, swelling, and difficulty moving.</p> <div> <div> <p>Recommendations:</p> <ul style="list-style-type: none"> • Track your pain levels, areas of discomfort, and any activities that worsen or improve your symptoms. • Engage in gentle exercises like walking, stretching, or yoga to maintain mobility and strength, but consult your care team before starting any new exercise routine. • Apply a warm compress to relax stiff muscles or use cold packs to reduce swelling and numb pain in affected areas. • Your care team may prescribe or recommend medications, including over-the-counter pain relievers. </div> <div> <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> • Uncontrolled muscle or joint pain • Swelling, redness, or warmth in the joints • Weakness • Difficulty walking or moving </div> </div>

Rash and Skin Reactions	<p>Description: Skin rash is a common side effect. Dabrafenib and trametinib can also cause other skin reactions. In some cases, these rashes and other skin reactions can be severe or serious and may need to be treated in a hospital.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> • Keep your skin moisturized with creams or lotions to reduce rash and itchiness; wear loose-fitting clothing. • Avoid perfumes and colognes, as they may worsen rash symptoms. • Limit time spent in heat to prevent worsening symptoms. • Avoid sun exposure, especially between 10 AM and 4 PM, to lower the risk of sunburn. • Wear long-sleeved clothing with UV protection and broad-brimmed hats. • Apply broad-spectrum sunscreen (UVA/UVB) with at least SPF 30 as directed. • Use lip balm that contains at least SPF 30. • Avoid tanning beds. • Your care team may recommend medicines for symptoms. <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> • Blisters or peeling of your skin • Mouth sores • Blisters on your lips, or around your mouth or eyes • High fever or flu-like symptoms • Enlarged lymph nodes
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Select Rare Side Effects

Side Effect	Talk to Your Care Team if You Have Any of These Signs or Symptoms
Bleeding Problems	<p>Dabrafenib and trametinib can cause serious bleeding problems, especially in your brain or stomach, that can lead to death.</p> <ul style="list-style-type: none"> Headaches, dizziness, or feeling weak Cough up blood or blood clots Vomit blood or your vomit looks like “coffee grounds Red or black stools that look like tar
Blood Clots	<p>Dabrafenib and trametinib can cause blood clots in your arms or legs, which can travel to your lungs and can lead to death.</p> <ul style="list-style-type: none"> Chest pain Sudden shortness of breath or trouble breathing Pain in your legs with or without swelling Swelling in your arms or legs A cool, pale arm or leg
Heart Problems, including Heart Failure	<p>Your care team may check your heart function before and during treatment with dabrafenib and trametinib.</p> <ul style="list-style-type: none"> Feeling like your heart is pounding, racing, or beating irregularly Shortness of breath Swelling of your ankles and feet Feeling lightheaded
Inflammation of the Intestines, or Tears (Perforation) of the stomach or intestines	<p>Dabrafenib and trametinib can cause inflammation of your intestines, or tears in the stomach or intestines that can lead to death.</p> <ul style="list-style-type: none"> Bleeding Diarrhea (loose stools) or more bowel movements than usual Stomach-area (abdominal) pain or tenderness Fever Nausea
Lung Problems	<ul style="list-style-type: none"> Shortness of breath Cough Chest pain
Eye Problems	<p>Dabrafenib and trametinib can cause severe eye problems that can lead to blindness.</p> <ul style="list-style-type: none"> Blurred vision, loss of vision, or other vision changes See color dots Halo (see blurred outline around objects) Eye pain, swelling, or redness
Hemophagocytic Lymphohistiocytosis (HLH)	<p>Dabrafenib and trametinib may increase the risk of a type of overactivity of the immune system (hemophagocytic lymphohistiocytosis).</p> <ul style="list-style-type: none"> Fever Swollen glands Bruising Skin rash

<p>Hemolytic Anemia in People with G6PD Deficiency</p>	<p>In people with G6PD deficiency, dabrafenib may cause healthy red blood cells to break down too. This may lead to a type of anemia called hemolytic anemia, where the body does not have enough healthy red blood cells.</p> <ul style="list-style-type: none"> • Yellow skin (jaundice) • Weakness or dizziness • Shortness of breath
<p>Risk of New Skin Cancers</p>	<p>Risk of new skin cancers. Dabrafenib and trametinib may cause skin cancers, called cutaneous squamous cell carcinoma, keratoacanthoma, basal cell carcinoma, or melanoma. Talk to your care team about your risk for these cancers.</p> <p>Check your skin and tell your healthcare provider right away about any skin changes, including a:</p> <ul style="list-style-type: none"> • New wart • Skin sore or reddish bump that bleeds or does not heal • Change in size or color of a mole

Before starting treatment, ask your care team when to call 9-1-1 or seek emergency help.
If you experience any new, worsening, or uncontrolled side effects, contact your care team immediately.

Intimacy, Fertility, Pregnancy, and Breastfeeding

- Treatment may **change how you feel about intimacy and your body**. However, physical closeness—such as holding hands and hugging—remains safe. It is common to have questions about intimacy. If needed, talk to your care team for guidance.
- Treatment can affect your **ability to have children**. It may damage your reproductive organs or stop them from working. If you are worried about fertility, talk to your care team before starting treatment.
- Treatment may **harm an unborn baby**.
 - If you are able to become pregnant, take a pregnancy test before starting treatment.
 - Use non-hormonal birth control (contraception) during treatment, for 2 months after your last dose of dabrafenib, and for 4 months after your last dose of trametinib.
 - Birth control methods that contain hormones (such as birth control pills, injections, or transdermal systems) may not work as well during treatment with dabrafenib and you could become pregnant. You should use another effective method of birth control during treatment with dabrafenib.
 - Talk to your care team about birth control methods that may be right for you during this time.
 - If you think you might be pregnant or if you become pregnant, tell your care team right away.
 - If your partner(s) could become pregnant, use an effective method of birth control—such as condoms—during treatment, for 2 weeks after your last dose of dabrafenib, and for 4 months after your last dose of trametinib.
- **Do NOT breastfeed** during treatment, for 2 weeks after your last dose dabrafenib, and for 4 months after your last dose of trametinib.

Additional Information

- **Tell your care team about all the medicines you take.**
This includes prescriptions, over-the-counter drugs, vitamins, and herbal products. Before starting any new medicine, supplement, or vaccine, ask your care team first.
- **This Patient Education Sheet may not describe all possible side effects.**
Call your healthcare provider for medical advice about side effects. You may report side effects to the FDA at 1-800-FDA-1088.

Notes

Updated Date: February 6, 2026

Scan the QR code below to access this education sheet.



Important notice: The Association of Cancer Care Centers (ACCC), Hematology/Oncology Pharmacy Association (HOPA), Network for Collaborative Oncology Development & Advancement, 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. 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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