

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 trametinib 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
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

- Trametinib is often used with another treatment called dabrafenib.

Your trametinib dosing instructions:

- 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 your nearest hospital emergency room right away.

Treatment Administration and Schedule

☐ 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.

Common Side Effects

Side Effect	Important Information
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
Swelling of the Face, Arms, or Legs	<p>Description: Swelling and fluid retention can occur in different areas of the body, like the face, arms, or legs. You might notice areas feel puffy or tighter than usual.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> Keep a daily log of swelling and note any changes in size or location. Elevate swollen limbs when resting. Limit salt intake. Stay active with regular, gentle exercises. Avoid prolonged periods of sitting or standing without movement. <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> Swelling that suddenly worsens or spreads to other areas Pain, redness, or warmth in the affected area Signs of shortness of breath or difficulty breathing Swelling is persistent and does not improve with home management Unexpected weight gain <p>Note: Your care team may ask you to contact them if your weight increases by a certain amount over a certain time period.</p>
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

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
Rash and Skin Reactions	<p>Description: Skin rash is a common side effect. 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

Select Rare Side Effects

Side Effect	Talk to Your Care Team if You Have Any of These Signs or Symptoms
Fever	<p>Fever is common during treatment with trametinib and dabrafenib, but it may also be serious. When taking trametinib with dabrafenib, fever may happen more often or may be more severe. 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>Your care team may temporarily or permanently stop your treatment or change your dose of trametinib with dabrafenib if you have fevers. Your care team will treat you as needed for your fever and any signs and symptoms of infection, and may check your kidney function during and after you have had severe fever.</p> <ul style="list-style-type: none"> Fever of 100.4 °F (38°C) or higher
Bleeding Problems	<p>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>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 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>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
Eye Problems	<p>Trametinib can cause severe eye problems that might lead to blindness.</p> <ul style="list-style-type: none"> Blurred vision, loss of vision, or other vision changes See color dots Halo (seeing blurred outline around objects) Eye pain, swelling, or redness

Lung Problems	<ul style="list-style-type: none"> • Shortness of breath • Cough • Chest pain
Increased Blood Sugar	<p>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> <ul style="list-style-type: none"> • Increased thirst • Urinating more often than normal or urinating an increased amount of urine
Hemophagocytic Lymphohistiocytosis (HLH)	<p>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
Risk of New Skin Cancers	<p>Risk of new skin cancers. Trametinib, when used with dabrafenib, 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 an effective method of birth control during treatment and for 4 months after your last dose.
 - 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 and for 4 months after your last dose.
- **Do NOT breastfeed** during treatment and for 4 months after your last dose.

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

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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.

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