

ORAL CANCER TREATMENT EDUCATION



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TRAMETINIB

Name of your medication

Generic name — trametinib (truh-MEH-tih-nib)

Brand name — Mekinist® (MEH-kih-nist)

Common uses

Trametinib is used to treat patients with the following:

- ☐ Melanoma that has a genetic mutation called *BRAF*V600E or V600K and may be used in combination with dabrafenib.
- ☐ Non-small cell lung cancer that has a genetic mutation called *BRAF* V600E and is used in combination with dabrafenib.

Trametinib may also be used for other treatments.

Dose and schedule

Taking trametinib as instructed is important to allow your treatment to be as effective as possible, so here are some key points to remember.

- ☐ Your dose may vary, but the usual dose of trametinib is 2 milligrams (2 mg) to be taken by mouth at a scheduled time once a day.
- ☐ Trametinib should be taken on an empty stomach (one hour before and two hours after a meal or snack) and at the same time each day.
- ☐ Trametinib should be taken whole and not crushed, cut, or dissolved. If you are unable to swallow trametinib, talk to your care provider or pharmacist for possible options.
- ☐ If you miss a dose of trametinib:
 - Take the missed dose only if it has been less than 12 hours since you were supposed to take it. Then take the next dose at the regularly scheduled time.
 - Do not take the missed dose if it has been more than 12 hours since you should have taken it. Simply take the next dose at the regularly scheduled time.
 - Do not take two doses at one time.
 - Be sure to write down if you miss a dose and let your care provider know about any missed doses.

Drug and food interactions

- ☐ Trametinib has many drug interactions. Inform your care providers of all prescription medications, over-the-counter medications, vitamins, and herbal products that you are taking.
- ☐ Trametinib should be taken on an empty stomach (one hour before and two hours after a meal or snack).
- ☐ Talk with your care provider or pharmacist before taking new medications or supplements, or receiving any vaccines.

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Storage and handling

Handle trametinib with care. Just like when chemotherapy is given into the vein, this drug can be toxic, and exposure of the drug to others should be limited.

- ☐ Store trametinib tablets at room temperature between 68°F to 77°F (20°C to 25°C).
- ☐ Keep trametinib dry and away from moisture and light.
- ☐ Keep trametinib out of reach of children and pets.
- ☐ Leave trametinib in the provided packaging until it is ready to be taken.
- ☐ Whenever possible, give trametinib to yourself and follow the steps below. If a family member, friend, or caregiver needs to give trametinib to you, they also need to follow these steps:
 1. Wash hands with soap and water.
 2. Put on gloves to avoid touching the medication. (Gloves are not necessary if you give the drug to yourself.)
 3. Gently transfer the trametinib from its package to a small medicine or other disposable cup.
 4. Administer the medicine immediately by mouth with water.
 5. Remove gloves and do not use them for anything else.
 6. Throw gloves and medicine cup in household trash.
 7. Wash hands with soap and water.
- ☐ A daily pill box or pill reminder is not recommended to be used with trametinib.
- ☐ If you have any unused trametinib, do not throw it in the trash and do not flush it down the sink or toilet. Talk to your care provider or pharmacist about proper disposal of trametinib.
- ☐ If you are traveling, put your trametinib in a sealed plastic bag. Ask your pharmacist if any additional travel precautions are needed.

Handling body fluids and waste

Trametinib remains in your body for several days after it is taken, so some of the drug may be present in urine, stool, sweat, or vomit. Once you have started to take trametinib, it is important to follow the instructions below every day for as long as your treatment lasts. This will keep yourself, loved ones, and the environment as safe as possible.

- ☐ Pregnant women should avoid touching anything that may be soiled with body fluids from the patient.
- ☐ Toilet and septic systems
 - You may use the same toilet, septic tank, and/or sewer that you usually use. If you have a low-flow toilet, close the lid and flush twice to ensure all waste has been discarded.
 - If the toilet or toilet seat becomes soiled with urine, stool, or vomit, clean the surfaces before other people use the toilet.
 - Wash hands with soap and water after using the toilet.
- ☐ If you need a bedpan, be sure your caregiver knows to wear gloves to assist with cleanup and to wash the bedpan with soap and water every day.

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- ☐ If you do not have good control of bladder or bowels, use a disposable pad with a plastic back, a diaper, or a sheet to absorb body waste.
- ☐ Wash any skin that has been exposed to body waste or trametinib with soap and water.
- ☐ Linens or clothing that are soiled with body fluids or body waste should be washed separately from other linens and clothing. If you do not have a washer, place the soiled linens in a plastic bag until they can be washed.
- ☐ Wash hands with soap and water after touching linens or clothing that may be soiled with body fluids.

Side Effects of Trametinib

The common side effects that have been known to happen in more than 30% of patients taking trametinib are listed in the left side of this table. You MAY NOT experience these side effects. Options to help manage any side effects that do occur are included on the right side of this table. These should be discussed with your care provider. If you experience any side effect you cannot manage or that is not listed here, contact your care provider.

Possible Side Effect	Management
Rash or itchy skin	- Keep your skin moisturized with creams and moisturizing lotions to decrease the risk of rash or itchiness, and wear loose fitting clothing. - Avoid using perfumes and cologne as these products may increase rash symptoms. - Avoid being in the heat for long periods of time. - Your provider may recommend an over-the-counter antihistamine or a topical cream. Sunlight can make symptoms worse. - Avoid sun exposure as much as possible to decrease the risk of sunburn. The highest exposure to ultraviolet (UV) radiation occurs from 10 am–4 pm. - Wear long-sleeved clothing, with UV protection if possible. - Wear broad-brimmed hats. - Apply broad-spectrum sunscreen (UVA/UVB) with at least SPF 30 as often as directed on the bottle. - Use lip balm with at least SPF 30. If your rash or itching continues to worsen, contact your care provider.
Fluid retention or swelling	- Do not stand for long periods of time. - Keep your legs elevated when sitting or lying down. - Try not to eat salty foods, which can increase swelling. - Avoid tight-fitting clothing and shoes. - Weigh yourself daily. Contact your care provider if you notice any of the following: - Swelling in the hands, feet, or legs - You are short of breath - You have gained 5 pounds or more in one week

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Possible Side Effect	Management
Decreased hemoglobin, part of the red blood cells that carry iron and oxygen	Your hemoglobin should be monitored using a blood test. When your hemoglobin is low, you may notice that you get tired or fatigued more easily. • Try to get 7–8 hours of sleep per night. • Avoid operating heavy machinery if you feel too tired. • Find a balance between work and rest. • Stay as active as possible, but know that it is okay to rest as needed. • You might notice that you are more pale than usual. Let your healthcare provider know right away if you experience any of the following: • Shortness of breath • Dizziness • Palpitations
Diarrhea (loose and/or urgent bowel movements)	Monitor how many bowel movements you have each day. • Drink 8–10 glasses of water or fluid each day unless your care provider has instructed you to limit your fluid intake. • Eat small, frequent meals throughout the day rather than a few large meals. • Eat bland, low-fiber foods, such as bananas, applesauce, potatoes, chicken, rice, and toast. • Avoid high-fiber foods, such as raw vegetables, raw fruits, and whole grains. • Avoid foods that cause gas, such as broccoli and beans. • Avoid lactose-containing foods, such as yogurt and milk. • Avoid spicy, fried, and greasy foods. Contact your provider if any of the following occur: • The number of bowel movements you have in a day increases by 4 or more. • You feel dizzy or lightheaded. Your care provider may recommend an over-the-counter medication called loperamide (Imodium®) to help with your diarrhea, but talk to your care provider before starting this medication.
Changes in electrolytes and other laboratory values • Low albumin • Low sodium • Low calcium • Low magnesium • Low phosphate • High glucose • High alkaline phosphatase	Changes in some laboratory values may occur and should be monitored by a simple blood test. • You may not feel any symptoms if the changes are mild, and they usually are not a sign of a serious problem. • More severe changes may occur, which can be a sign of a serious problem. Notify your care provider if you have any of the following: • Shortness of breath • Chest discomfort • Weakness or fatigue • New aches and pains • Headaches • Dizziness • Swelling of your legs or feet • Red- or brown-colored urine

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Possible Side Effect	Management
Changes in liver function	Your liver function will be checked periodically by a simple blood test. Contact your care provider if you notice any of the following: • Yellowing of the skin or whites of your eyes • Dark or brown urine • Bleeding or bruising
Muscle or joint pain or weakness	• Keep a diary of your pain, including a description of when and where the pain is occurring, what it feels like, and how long it lasts. • Stay as active as possible, but know that it is okay to rest as needed too. • Tell your care provider if pain interferes with your activity.
Fever	You may feel hot, cold and shivery, achy, or dizzy. This usually starts during the first month of therapy but could happen at any time. • Call your doctor immediately if you have a fever above 100.4°F. Ask your doctor if you can take medicine to help with the fever.
Nausea or vomiting	• Eat and drink slowly • Drink 8-10 glasses of water/fluid each day unless your care provider has instructed you to limit your fluid intake • Eat small, frequent meals throughout the day rather than a few large meals • Eat bland foods; avoid spicy, fried, and greasy foods • Avoid vigorous exercise immediately after eating • Don't lay down immediately after eating • Avoid strong odors Let your provider know if you experience nausea or vomiting. Your provider may prescribe medication to help with the nausea or vomiting.
Fatigue	You may be more tired than usual or have less energy. • Stay as active as possible, but know it is okay to rest as needed. • Try to do some activity every day. • Plan your activities, and do them at a time of day when you feel a bit more energetic. • Avoid operating heavy machinery if you feel too tired.
Headache	Ask your provider what you may use to help with this discomfort. Contact your care provider right away if your headache: • Follows a head injury • Is severe, or starts suddenly • Does not go away after 3 days • Is associated with vomiting, visual disturbance, neck stiffness, drowsiness, confusion, made worse by coughing or lowering the head, rash, weakness in an arm or leg, or numbness

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Possible Side Effect	Management
Decreased platelet count and increased risk of bleeding	Your platelets should be monitored by a simple blood test. When they are low, you may bruise or bleed more easily than usual. • Use caution to avoid bruises, cuts, or burns. • Blow your nose gently and do not pick your nose. • Brush your teeth gently with a soft toothbrush and maintain good oral hygiene. • When shaving use an electronic razor instead of razor blades. • Use a nail file instead of a nail clipper. Call your care provider if you have bleeding that won't stop. Examples include: • A bloody nose that bleeds for more than 5 minutes despite pressure. • A cut that continues to ooze despite pressure. • Gums that bleed excessively when you floss or brush. Seek medical help immediately if you experience any severe headaches, blood in your urine or stool, coughing up blood, or prolonged and uncontrollable bleeding. You may need to take a break or "hold" your medication for medical or dental procedures. Talk to your care provider or dentist before any scheduled procedures.

Serious side effects

- ❑ Trametinib may rarely cause a tear or hole in your intestine, called bowel perforation. Speak to your care team right away if you have a high fever, or nausea, vomiting, or severe stomach pain.
- ❑ Trametinib may be harmful to your eyes. Call your care team if you have any issue with your vision, or if you have pain in your eyes.
- ❑ Trametinib may cause your lung tissue to scar, which is called interstitial lung disease, or swelling of lung tissue, which is called pneumonitis. Call your care team if you are feeling short of breath, or have chest pain, a fever, or a lasting dry cough.
- ❑ Trametinib can make your heart work harder to pump blood to the rest of your body. Notify your care team if you are having shortness of breath or chest pain.
- ❑ There is a small risk of developing a second cancer years or months after taking trametinib. Talk to your provider about this risk.
- ❑ You may be at a higher risk of bleeding while taking trametinib. Contact your care team if you notice frequent nose bleeds, blood in your stool, bleeding that occurs by itself without injury, or bleeding that will not stop after 5 minutes of pressure.
- ❑ Trametinib can increase your risk of having a blood clot. Seek immediate medical attention if you have sudden swelling in an arm or leg, have chest pain, or trouble breathing.
- ❑ Your blood sugar levels may be higher while taking trametinib. Your care provider may have you regularly check your blood sugar. Contact your care team if you are urinating more than normal, are very thirsty, are more tired than normal, or are having trouble keeping your blood sugar within a desired range.

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- ❑ Rarely, trametinib can cause severe skin reactions, including Stevens-Johnson syndrome, which can be life-threatening. Seek emergency care if you have a severe rash or a rash on your mouth, eyes, or genitals
- ❑ When trametinib is used in combination with dabrafenib, serious febrile reactions and fever, along with low blood pressure, chills, dehydration, and kidney failure, may occur. Notify your care team right away if you develop a temperature of 100.4 °F or higher.
- ❑ When trametinib is used in combination with dabrafenib, there is a rare risk of developing hemophagocytic lymphohistiocytosis (HLH), a life-threatening immune system reaction. Fever and enlargement of the spleen are the most common symptoms of HLH.

If you experience ANY uncontrolled side effect, call your physician or healthcare center immediately:

_____ (INSTITUTIONAL CONTACT INFO)

Pregnancy, sexual activity, and contraception

- ❑ Women should not become pregnant and men should not get a partner pregnant while taking trametinib. Men and women of childbearing age and potential should use effective contraception during therapy and for a minimum of 4 months after the last dose of trametinib.
- ❑ Do not breastfeed while taking trametinib and for 4 months after the last dose of trametinib.
- ❑ Inform your care provider if you become pregnant.
- ❑ It is safe to hug and kiss. Special precautions may be needed for sexual activity while on oral chemotherapy, and you are encouraged to ask your care provider.

Obtaining medication

Talk with your care provider about how to obtain your trametinib.

_____ (PHARMACY OR SPECIALTY PHARMACY CONTACT INFO)

Additional resources

Product website: <https://www.us.tafinlarmekinist.com>

Product prescribing information: <https://www.novartis.us/sites/www.novartis.us/files/mekinist.pdf>

Product resources:

- ❑ <https://www.us.tafinlarmekinist.com/metastatic-nscl/patient-support/financial-cost-support/>

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Additional instructions

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Important notice: The Association of Community Cancer Centers (ACCC), Hematology/Oncology Pharmacy Association (HOPA), National Community Oncology Dispensing Association, 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. The collaborators are not making any representations with respect to the medications whatsoever, and any and all decisions, with respect to such medications, are at the sole risk of the individual consuming the medication. 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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