

## Trametinib (Mekinist)

---

### About This Drug

Trametinib is used to treat cancer. It is given orally (by mouth).

### Possible Side Effects

- Nausea and vomiting (throwing up)
- Diarrhea (loose bowel movements)
- Fever and chills
- Tiredness
- Abnormal bleeding
- Swelling of your legs, arms and/or face
- Decreased appetite (decreased hunger)
- Pain in your bones, joints and/or muscles
- Headache
- Cough and trouble breathing
- Rash
- Dry skin
- High blood pressure

**Note:** Each of the side effects above was reported in 20% or greater of patients treated with trametinib alone or in combination with dabrafenib. Not all possible side effects are included above. You may experience different side effects if you take trametinib alone versus in combination with dabrafenib.

### Warnings and Precautions

- This drug may raise your risk of getting a second cancer and the development of skin lesions that may or may not be cancer.
- Serious bleeding events which can be life-threatening. Symptoms may be coughing up blood, throwing up blood (may look like coffee grounds), red or black tarry bowel movements, abnormally heavy menstrual flow, nosebleeds or any other unusual bleeding. When trametinib is given in combination with dabrafenib, these events may be more severe or life-threatening.
- Blurred vision or other changes in eyesight, which can rarely cause blindness.
- Changes in the tissue of the heart. Some changes may happen that can cause your heart to have less ability to pump blood.

- Colitis – which is swelling (inflammation) in the colon, and/or perforation of esophagus, stomach, or intestine may occur, which may be life-threatening. Symptoms are loose bowel movements (diarrhea), stomach cramping, and sometimes blood in the bowel movements.
- Inflammation (swelling) or scarring of the lungs. You may have a dry cough or trouble breathing.
- Severe allergic skin reaction. You may develop blisters on your skin that are filled with fluid or a severe red rash all over your body that may be painful.
- Changes in your heart function such as congestive heart failure. You may be short of breath. Your arms, hands, legs and feet may swell.
- Serious fever reactions. This may be accompanied by dehydration (lack of water in the body from losing too much fluid), low blood pressure and changes in your kidney function which can cause kidney failure.
- Blood clots. A blood clot in your leg may cause your leg to swell, appear red and warm, and/or cause pain. A blood clot in your lungs may cause trouble breathing, pain when breathing, and/or chest pain.
- Blood sugar levels may change.

**Note:** *Some of the side effects above are very rare. If you have concerns and/or questions, please discuss them with your medical team. Your side effects may be different if you are taking trametinib alone versus in combination with dabrafenib.*

## How to Take Your Medication

- Take this drug by mouth without food, at least 1 hour before you eat or 2 hours after you eat, approximately 24 hours apart.
- **Missed dose:** If you miss a dose, take it as soon as you think about it. If your next dose is due in less than 12 hours, then skip the missed dose. Do not take 2 doses at the same time, instead, continue with your regular dosing schedule and contact your physician.
- **Handling:** Wash your hands after handling your medicine, your caretakers should not handle your medicine with bare hands and should wear latex gloves.
- This drug may be present in the saliva, tears, sweat, urine, stool, vomit, semen, and vaginal secretions. Talk to your doctor and/or your nurse about the necessary precautions to take during this time.
- **Storage:** Store this medicine in the refrigerator between 36°F to 46°F (2°C to 8°C). Store in original container, and do not remove desiccant. Protect from moisture and light.
- **Disposal of unused medicine:** Do not flush any expired and/or unused medicine down the toilet or drain unless you are specifically instructed to do so on the medication label. Some facilities have take-back programs and/or other options. If you do not have a take-back program in your area, then please discuss with your nurse or your doctor how to dispose of unused medicine.

## Treating Side Effects

- Drink plenty of fluids (a minimum of eight glasses per day is recommended).
- If you throw up or have loose bowel movements, you should drink more fluids so that you do not become dehydrated (lack of water in the body from losing too much fluid).



- To help with nausea and vomiting, eat small, frequent meals instead of three large meals a day. Choose foods and drinks that are at room temperature. Ask your nurse or doctor about other helpful tips and medicine that is available to help stop or lessen these symptoms.
- If you have diarrhea, eat low-fiber foods that are high in protein and calories and avoid foods that can irritate your digestive tracts or lead to cramping.
- Ask your nurse or doctor about medicine that can lessen or stop your diarrhea.
- To help with decreased appetite, eat small, frequent meals. Eat foods high in calories and protein, such as meat, poultry, fish, dry beans, tofu, eggs, nuts, milk, yogurt, cheese, ice cream, pudding, and nutritional supplements.
- Consider using sauces and spices to increase taste. Daily exercise, with your doctor's approval, may increase your appetite.
- If you have diabetes, keep good control of your blood sugar level. Tell your nurse or your doctor if your glucose levels are higher or lower than normal.
- Manage tiredness by pacing your activities for the day. Be sure to include periods of rest between energy-draining activities.
- If you get a rash do not put anything on it unless your doctor or nurse says you may. Keep the area around the rash clean and dry. Ask your doctor for medicine if your rash bothers you.
- Moisturize your skin several times a day.
- Avoid sun exposure and apply sunscreen routinely when outdoors.
- Keeping your pain under control is important to your well-being. Please tell your doctor or nurse if you are experiencing pain.
- Get regular exercise, with your doctor's approval. If you feel too tired to exercise vigorously, try taking a short walk.

## Food and Drug Interactions

- There are no known interactions of trametinib with food, however this medication should be taken on an empty stomach.
- This drug may interact with other medicines. Tell your doctor and pharmacist about all the prescription and over-the-counter medicines and dietary supplements (vitamins, minerals, herbs, and others) that you are taking at this time. Also, check with your doctor or pharmacist before starting any new prescription or over-the-counter medicines, or dietary supplements to make sure that there are no interactions.

## When to Call the Doctor

Call your doctor or nurse if you have any of these symptoms and/or any new or unusual symptoms:

- Fever of 100.4° F (38° C) or higher
- Chills
- Blurred vision or other changes in eyesight
- Headache that does not go away
- Dry cough
- Pain in your chest



- Coughing up yellow, green, or bloody mucus
- Feeling that your heart is beating in a fast or not normal way (palpitations)
- Your leg or arm is swollen, red, warm, and/or painful
- Wheezing and/or trouble breathing
- Tiredness or weakness that interferes with your daily activities
- Severe abdominal pain that does not go away
- Nausea that stops you from eating or drinking and/or is not relieved by prescribed medicine
- Throwing up more than 3 times a day
- Difficulty swallowing
- Diarrhea, 4 times in one day or diarrhea with lack of strength or a feeling of being dizzy
- Easy bleeding or bruising
- Blood in your urine, vomit (bright red or coffee-ground) and/or stools (bright red, or black/tarry)
- Swelling of legs, arms, and/or face
- Weight gain of 5 pounds in one week (fluid retention)
- Lasting loss of appetite or rapid weight loss of five pounds in a week
- Decreased urine
- Flu-like symptoms: fever, headache, muscle and joint aches, and fatigue (low energy, feeling weak)
- A new rash or a rash that is not relieved by prescribed medicines
- New skin lesions
- Abnormal blood sugar
- Unusual thirst, passing urine often, headache, sweating, shakiness, irritability
- Pain that does not go away or is not relieved by prescribed medicine
- If you think you may be pregnant

## Reproduction Warnings

- **Pregnancy warning:** This drug can have harmful effects on the unborn baby. Women of childbearing potential should use effective methods of birth control during your cancer treatment and for at least 4 months after treatment. Men (including those who have had a successful vasectomy) with female partners of childbearing potential should use condoms during your cancer treatment and for at least 4 months after your cancer treatment. Talk with your doctor about effective birth control methods if you are taking trametinib with dabrafenib. Let your doctor know right away if you think you may be pregnant.
- **Breastfeeding warning:** It is not known if this drug passes into breast milk. For this reason, women should not breastfeed during treatment and for 4 months after treatment because this drug may enter the breast milk and cause harm to a breastfeeding baby.
- **Fertility warning:** In women, this drug may affect your ability to have children in the future. Talk with your doctor or nurse if you plan to have children. Ask for information on egg banking.

Revised October 2020

