



WHAT IS COTELLIC® COBIMETINIB ?

- Targeted therapy used in the treatment of some types of mélanomas
- Prescribed and renewed by your hospital doctor specialized in oncology or medical cancerology
- Available in city pharmacies on presentation of your prescription



- Round and white film-coated tablet, bearing « COB » on one side, dosed at **20 mg**



- Store it at a temperature not over 25°C, out of sight and reach of children.
- Do not get the tablets out of the bottle to store them in a pill-box.
- Wash your hands carefully before and after each handling of the tablets.
- Do not throw away the opened boxes; please bring them back to your pharmacist

HOW TO TAKE THIS MEDICINE?

When ?h.....	= 1 take a day, at a fixed hour during or away from meals Cobimétinib should be taken for 21 consecutive days (3 weeks), followed by 7 days (1 week) without taking it (therapeutic break). Then resume this cycle again, as mentioned on your prescription.
How ?		Swallow the tablet(s) whole, with water every day at the same moment of the day. Do not chew, nor cut, crush or dissolve the tablets.

You can help yourself with **your tracking book*** and a **calendar** to spot the takes. Never stop or change the rhythm of administration of your treatment without your doctor's advice.

** This file is not a prescription ; refer to your latest prescription..

WHAT TO DO IN CASE OF VOMITING OR MISSING?

- **In case of missing in less than 12 hours**, take the missed dose. The next dose will be taken at the usual hour. Please note it in your tracking book*.
- **In case of missing over 12 hours**, do not take the missed dose. The next dose will be taken at the usual hour, without doubling it. Please note it in your tracking book*.
- **In case of vomiting**, do not take a new dose . The next dose will be taken at the usual hour, without doubling it. Please note it in your tracking book*.



INTERACTIONS WITH OTHER MEDICINES AND/OR FOOD

Check with your **doctor and pharmacist** that the medicines (with or without prescription) and/or other substances (food and plants, **among which grapefruit and St John's Wort**, probiotics, essential oils, food supplements...) and other by-products that you are taking are **compatible with your treatment**.

The molecules they contain, their measuring and consuming frequency may interact with your treatment and affect its efficiency and the occurrence of side effects.







- You and your partner must use efficient contraceptive methods (condoms and one other means) during the whole treatment and **up to 3 months after the last take**.
- Stop breast feeding during the treatment.



*Tracking book available on sites www.omeditbretagne.fr or www.omedit-paysdelaloire.fr


WHAT SIDE EFFECTS MAY OCCUR WITH COTELLIC® COBIMÉTINIB ?

Like all medicines, cobimetinib may bring about side effects, although you may not experience any.

Sides effects	Prevention
 Skin eruption, photosensitiveness, itching, skin dryness	Use a gel or a hypoallergenic, soap-free bar. Avoid hot water. Dab your skin dry. Apply a hydrating agent (cream or milk). In case of photosensitiveness , avoid exposure to the sun, especially between 12 and 4 pm. Wear protecting clothes, even under a parasol (UVA reflection). Use a sun screen > 50, to be applied 30 minutes before exposure and renewed every 2 hours. In case of itchings / skin dryness : Apply cold compresses (cooling pads) on the affected areas (do not use alcohol-based lotions). Choose loose, light cotton clothing. Trim your finger nails short (favor a nail file to a nail clipper). Use a detergent suitable for sensitive skin (no fabric softener),
 Digestive effects : diarrheas, nauseas, vomiting	Do Remember to hydrate well (2litres of water a day) ; rather drink between meals. Watch over your weight. In case of diarrhea , favor food that is poor in fibers (starchy food, carrots, bananas...). Avoid some food that may speed up your intestinal transit (dairy, raw fruit and vegetables, cereals, fat food, spices). Add salt to your food. In case of nauseas/vomiting , make several small light meals and eat slowly. Avoid greasy, fried and spicy food, and those whose smell may trigger nauseas. Avoid staying on an empty stomach as this increases nauseas. In case of vomiting, use the antiemetic medicines you have been prescribed
 Decrease in red blood cells	contact your doctor in case of paleness, short breath during effort or even at rest, persisting fatigue, palpitations, dizziness and headaches.
 Sight troubles	See your doctor promptly if you experience decreased or trouble vision.
 Unusual bleedings, hematomas	Use a soft toothbrush ; avoid using a rectal thermometer. Do not take aspirin, nor anti-inflammatory (eg ibuprofen), nor phytotherapy products (which may favor bleedings) without medical advice ; ask for a health care professional's advice. In case of a bruise, apply a cold object (cold bag or ice boag), or an appropriate cream or gel (especially arnica based), provided the skin is not injured.
 High blood pressure	Headaches, dizziness, ear ringing are the first alarming signs of a high blood pressure. Measure your blood pressure (at rest, in a sitting position, in the morning before breakfast and in the evening before going to bed ; make a measure 3 times in succession at 2 minutes' intervals) ; note down these figures. Take regular and adapted exercise (30 minutes 3 times a week). Limit your consumption of salt (maximum 6 gr / day) and alcohol. Favor food that is poor in saturated fat (animal fat) and rich in fibers.

Only some of the most frequent side effects mentioned above. For further information, please refer to your medicine leaflet or ask your doctor or pharmacist for advice.

You can also ask your question ask your question to [center for side effects monitoring](https://www.centre-maladies-rare.fr/centre-consultation-effets-secondaires) or notify any side effect on the following site : [signalement-sante-gouv-fr](https://signalement-sante.gouv.fr)

 In all cases, remember to make the biological tests prescribed by your doctor.

WHAT TO DO IN CASE OF SIDE EFFECT(S) ?

- Take the medication prescribed for side effects in accordance with the doses.
- Respect measures of prevention.

Promptly contact your doctor in case of :

- Signs of infection (fever, shivers, cough, urinary burns)
- Visual disturbances (blurred vision, decrease vision, etc.)
- Head aches, dizziness, blood in stool or spits
- Heart troubles, shortness of breathe, swelling of limbs
- Any persisting or worsening side effect



Useful contacts :

Remarks :
