



WHAT IS MEKTOVI® BINIMETINIB ?

- Targeted therapy used in combination with encorafenib BRAFTOVI® in the treatment of some types of melanomas
- Prescribed and renewed by your hospital doctor specialized in cancerology and medical oncology.
- Available in city pharmacies and hospital pharmacy on presentation of your prescription.




- Oval film-coated tablet, yellow to yellow dark, bearing « A » on one side and « 15 » on the other side, dosed at **15 mg**



- Store at a temperature not over 25°C, out of sight and reach of children.
- Do not get the tablets out of their blister to put 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..... eth.....	= 2 takes a day at fixed hours (with an interval of 12 hours), during or away from meals
How ?		Swallow the tablets 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 MISSING OR VOMITING ?



- **In case of missing in less than 6 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 6 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 your pharmacist** that the medicines (with or without prescription) and/or other substances (food, plants, **among which St John's Wort**, probiotics, essential oils, food supplements...) and by-products that you are using are **compatible with your treatment**. The molecules they contain, their measuring and consuming frequency may interact with your treatment and condition its efficiency.











- You and your partner must use efficient contraceptive methods (condoms and one other means) during the whole treatment and **up to 1 month after the last take**.
- Stop breast feeding during the treatment

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

WHAT SIDE EFFECTS MAY OCCUR WITH MEKTOVI® BINIMETINIB ?

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

Side effects	Prevention
 Itching, dry skin	Apply cold compresses (cooling pads) on the affected areas (do not use alcohol-based lotions). Favor ample and light, cotton clothes. Use a detergent suitable for sensitive skin (no fabric softener). Limit the number and frequency of showers / baths to 1 /day (maximum 15 minutes at 32°C). Use detergent for sensitive skins (without softener). par tamponnement. Apply a hydrating agent (cream or gel). Trim your finger nails short (favor a nail file to a nail clipper). Drink 1,5/2 litres of water a day.
 Head ache, fatigue	Drink in sufficient quantity (1,5/2l water/day) and have a healthy feeding at regular hours. Limit having psychostimulants (coffee, tobacco, alcohol). Respect moments of rest during the day, while remaining active, even moderately. Go to bed at a regular hour ; avoid late bedding and staying in. Be prudent if you have to drive.
 Pains in the hands and feet, tingling, loss of sensitiveness	Care for any cut or injury (blister). Do not use hot water (check the temperature with your elbow) ; protect yourself from the cold. You may reduce the pain by taking regular exercise (walking 3 times/week) and relaxation exercise (sophrology, tai-chi, yoga). Anticipate any risk of falling (bad light, object on the ground) ; use rails, banisters or even a stick if necessary. Have a healthy and well-balanced feeding.
  Digestive effects constipation or diarrheas, abdominal pains, nausea, vomiting	Watch over your weight and remember to hydrate well (1,5/2l. water/day). In case of constipation , favor food that is high in fibers (bran, cereals, wholemeal bread, green vegetables, fruit and dried fruit) and take regular physical exercise. In case of diarrhea , favor food that is low in fibers (starchy food, carrots, bananas...). Avoid food that may speed up your intestinal transit (dairy, raw fruit and vegetables, cereals, fat food, spices). In case of nausea/vomiting , make several small light meals during the day and eat slowly. Avoid greasy, fried and spicy food, as well as those whose smell may trigger nausea. Avoid staying on an empty stomach as this increases nausea. Rather drink between meals. Take the antiemetic medicines you have been prescribed, if needed.
 Pains in joints or muscles	Remember to hydrate well before, during and after effort. Take regular and adapted physical exercise (walking and swimming) ; Remember to warm up before. Help yourself with a stick in order to relieve your joints. Avoid repetitive movements and strenuous physical effort.
 Unusual bleedings, bruises	Use a soft toothbrush ; avoid using a rectal thermometer. Do not take aspirin nor anti-inflammatory (eg ibuprofen) nor phytotherapy products (which may induce bleedings) without medical advice ; ask for advice from a health care professional. In case of bruises, apply a cold object (cold bag or ice bag), or even an adapted cream or gel (based on arnica for example), 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-antenne.fr) 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.

Useful contacts :

Promptly contact your doctor in case of :

- Sight trouble
- Palpitations, rapid heartbeat, swelling of the legs
- Significant bleedings
- Any persisting or worsening side effects.



Remarks :