



WHAT IS MEKINIST® TRAMETINIB ?

- Cancer drug used in the treatment of some types of melanomas and bronchial cancers
- Prescribed and renewed by your doctor specialized in cancerology or medical oncology
- Available in city pharmacies on presentation of your prescription.



Two presentations are available :


- Oval, yellow, layered tablets dosed at 0,5 mg, bearing « GS » on one side and « TFC » on the other side.

- Round, pink, layered tablets dosed at 2 mg, bearing « GS » on one side and « HMJ » on the other side



- Storage for 30 days at a temperature not exceeding 30°C after opening the bottle
- Do not get the tablets out of the bottle 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.....	= 1 take a day, at a fixed hour, <u>away from a meal</u> (1 hour before or 2 hours after the meal)
How ?		Swallow the tablet(s) whole, with water, every day at the same moment of the day. Do not chew, nor cut, or 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 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. Please note it in your tracking book*.



INTERACTIONS WITH OTHER MEDEICINES 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 **grapefruit** and **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 and the occurrence of side effects.



- You and your partner must use an efficient contraceptive method (condoms and an other means) during the whole treatment, and **up to 4 months after the last take**.
- Stop breast feeding during the treatment.








Fertility in women and men may be affected during treatment with trametinib.

Your doctor can inform you about the possibility of preserving sperm and/or oocytes before initiating treatment.

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

WHAT SIDE EFFECTS MAY OCCUR WITH MEKINIST® TRAMETINIB ?

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

Side effects	Prevention
 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.
 Skin eruptions, dryness, itchings	Use a gel or a hypoallergenic soap-free bar. Avoid hot water. Dab your skin dry. Apply a hydrating agent (cream or milk). 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.
 Fatigue, head aches	Drink in sufficient quantity (1,5/2l water/day) and have a healthy feeding at regular hours. Limit having psychostimulants (coffee, tobvacco, 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.
 Digestive effects : constipation, diarrheas, abdominal pain, nauseas, vomiting, loss of appetite	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 nauseas/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 nauseas. Avoid staying on an empty stomach as this increases nauseas. Rather drink between meals. Use the antiemetic medications prescribed for you if appropriate.
 Joint and muscle pain	Remember to hydrate well before, during and after effort. Take regular and adapted physical exercise (walking and swimming) ; Remember to warm up before. Use a cane to relieve joint strain. Avoid repetitive movements and strenuous physical effort.
 Swelling of the limbs	Keep having low-salted food. Avoid tight clothes. In case of swelling of the legs, rise your feet when sitting. Wear support stockings and put them on when rising on rested legs. Watch over your weight regularly. In case of such swelling, contact your doctor.
 Risk of infections	Limit your contacts with people having a contagious infection. Wash your hands regularly. Disinfect any injury carefully. Contact your doctor in case of a temperature >38°C, cough, breathlessness/painful breathing, pain when urinating or smelly urines, change in the nature or frequency of motions (diarrhea, constipation) or in case of redness, pain or oozing around the central catheter, the parenteral feeding tube or the urinary catheter.

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.signalement-sante.gouv.fr) or notify any side effect on the following site : [signalement-sante-gouv-fr](https://www.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 :

- Fall of sight, trouble of sight, loss of sight
- Harder and faster heartbeats, dizziness, swelling of legs
- Pain in muscles with dark urines
- Blood in motions, in vomiting or when coughing
- Any persisting or worsening side effect



Remarks :