

Possible Side Effects (*continued*):

Vision Changes

What to do:

- Tell your doctor if you notice any vision changes.
- Call your doctor if you have any of the following symptoms:
 - ▶ Blurred or loss of vision
 - ▶ See color dots or halos

Diarrhea

What to do:

- Call your doctor if this happens more than 4 times in a day, or lasts for more than 1 to 2 days or if you feel lightheaded or dizzy.
- Your doctor may tell you to take a medicine called Loperamide (Imodium). It is important to follow your doctor's orders for taking this medicine, not the instructions on the box.

Changes in Lab Values

What to do:

- It is important to keep your appointments to have your blood work checked.
- Your doctor may order the following blood tests: electrolytes, liver function and complete blood count (CBC).

This is not a complete list of all possible side effects. Tell your doctor if you have these or any other side effects that you think are caused by this medicine. Your James health care team will give you further help to manage side effects.

PATIENT EDUCATION

Taking Your Treatment Home

What you need to know about your Anti-Cancer Medicine

Trametinib (Mekinist)

This brochure has important information on how to use, handle, and store your medicine, what side effects to look for and how to manage them.

What it looks like:

- 0.5 mg, yellow, oval tablet
- 2 mg, pink, round tablet (round; pink)

How to handle and store:

- **There are special safe handling instructions for this medicine.** Talk to your doctor, pharmacist or nurse about the precautions you need to follow when you take this medicine at home.
- **Store in the refrigerator** (do not freeze).
- Keep medicine in its original bottle, not in a medicine or pill box. **Do not remove the desiccant** (the small drying packet inside the medicine bottle).
- Protect the medicine from moisture and light.
- Keep this medicine away from children and **do not**
- share it with anyone.

The James



How to take:

- Swallow the tablet whole with a full glass of water 1 time each day. Take this medicine around the same time each day.
- **Do not** take this medicine with food. Take it 1 hour before or 2 hours after you eat.
- **Do not** take more pills than ordered by your doctor.
- **Do not** crush, break or chew the tablet.
- If you miss a dose, take it as soon as you remember. If it is less than 12 hours before your next dose, skip the missed dose. **Do not double up on doses.**

Disposal:

- Talk with your doctor or pharmacist about how to get rid of prescription medicines safely.

Precautions:

- Tell your doctor or pharmacist about any medicines you take, including prescription and over-the-counter medicines, vitamins and herbal products.
- **Do not take this medicine if you are receiving radiation therapy.** Tell your doctor if you plan to start radiation treatment.
- **Do not take St. John's Wort.**
- **Do not eat grapefruit or drink grapefruit juice.**
- These can increase your risk of side effects.
- **Do not get pregnant or breastfeed while on this medicine.** Talk with your doctor about what birth control to use.

Possible Side Effects

You can find more information on side effects in the Patient Education booklet, *Treatment with Chemotherapy and Anti-Cancer Medicines*.

Rash or Hand-Foot Syndrome

What this means: You may have tingling, numbness, or pain on the palms of your hands and soles of your feet. Your hands and feet may become swollen or red and have small sores or blisters.

What to do:

- Wear shoes and clean socks that fit well to prevent rubbing that could make your skin sore.
- Use a fragrance-free, dye-free moisturizer on your skin.
- Keep your hands and feet clean and dry.

High Blood Pressure or Heart Failure**What to do:**

- Tell your doctor if your blood pressure is higher when you take this medicine or if you ever feel like your heart is pounding or racing.
- Call your doctor if you have any of the following symptoms:
 - ▶ Shortness of breath
 - ▶ Swelling of your ankles or feet
 - ▶ Feel faint, lightheaded or dizzy
 - ▶ Dizziness
 - ▶ Headache

Fever**What to do:**

- Call your doctor if you have any of the following symptoms:
 - ▶ Fever of 100.4 degrees Fahrenheit (38 degrees Celsius) or higher
 - ▶ Symptoms of an infection

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