

# **Trametinib**

Medication Information Leaflet

## **What is this medication for?**

Trametinib is used to treat melanoma (a type of skin cancer) or non-small cell lung cancer that has spread to other parts of the body. It is often given with another medication called Dabrafenib.

Your doctor will check for a gene mutation before starting you on this.

## **How should I take/use this medication?**

- Take Trametinib once a day at around the same time each day, on an empty stomach at least 1 hour before or 2 hours after food.
- Do not break or crush the tablet. Swallow the tablet whole.
  - Inform your doctor or pharmacist if you have difficulty swallowing.

## **What should I do if I forget to take/use this medication?**

If you forget to take a dose, take it as soon as you remember. However if it is less than 12 hours to your next dose, skip the missed dose and take your next dose at the usual time. Do not take two doses at the same time.

## **What precautions should I take?**

Inform your healthcare professional if:

- You are allergic to this medication
- You or your partner becomes pregnant or is planning for pregnancy
  - You should use effective birth control during and for 4 months after stopping Trametinib
- You are breastfeeding
  - Do not breastfeed during and for 4 months after stopping Trametinib

- You have any other medical conditions such as heart problems or diabetes
- You plan to have surgery, dental procedure or any other medical procedures done

## What are some common side-effects of this medication?

- Skin rash (acne-like)
  - Moisturize your skin daily.
  - Avoid too much exposure to the sun as it may make the rash worse. Use sunscreen and covered clothing if you need to be under the sun for a long period of time.
- Diarrhea
  - Drink plenty of fluids to replace those lost (2 litres everyday).
  - Avoid oily or spicy food and milk or dairy products.
- Nausea (especially when treated together with Dabrafenib)
  - Take small, frequent meals throughout the day.
- Tiredness and lack of energy
  - Do not drive or operate machinery when you feel tired.
- Joint or muscle ache
  - Apply a warm compress to the area that aches.
- Increased blood pressure
  - Monitor your blood pressure regularly and record it down. Inform your doctor if you notice an increasing trend.

## What are some rare but serious side-effects that I need to seek medical advice immediately?

- Unusual swelling of the ankles or feet
- Sudden onset of cough, chest pain or shortness of breath
- Fever of 38° C and above, especially with chills, pain or difficulty in passing urine
- Unusual bleeding, bruising or black sticky stools
- Warmth, pain, redness or discoloration on the arm or leg
- Changes in eyesight or eye pain
- Very bad headache or giddiness

The symptoms of a drug allergy include one or more of the following:

- Swollen face/eyes/lips/tongue
- Difficulty in breathing
- Itchy skin rashes over your whole body

If you experience any of these symptoms, you should stop your medication and see your healthcare professional immediately.

## What food or medication should I avoid when I take this medication?

Inform your healthcare professional if you are taking or intend to take any other medication, supplements, traditional medications or herbal remedies.

## How should I store this medication?

Store in the refrigerator between 2-8° C. Do not freeze.

Protect from light and moisture.

The bottle contains desiccant to keep your medication dry. Store in original bottle and do not throw away the desiccant.

Keep this medication away from children.

## How should I throw away this medication safely?

Pack Trametinib into a bag and bring it back to the pharmacy where you received it from.

*You may refer to the following website if you need more information: <https://www.macmillan.org.uk/>*

## Disclaimers

If you take more than the recommended dose, please seek medical advice immediately. The information provided on this page does not replace information from your healthcare professional. Please consult your healthcare professional for more information.

*This article is jointly developed by members of the National Medication Information workgroup. The workgroup consists of cluster partners (National Healthcare Group, National University Health System and SingHealth), community pharmacies (Guardian, Unity and Watsons) and Pharmaceutical Society of Singapore.*

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