



## What is MEKINIST®

Medicine Name	Description
Trametinib	0.5 mg pill: yellow, oval 2 mg pill: pink, round

## How should you take your medicine?

Your doctor has determined your medicine dosage.

In your case, the dosage is as follows: ..... mg/day, i.e. .... 0.5 mg pill(s) and/or ..... 2 mg pill(s), to be taken once a day, every day.

Swallow whole with a glass of water; do not crush, cut, chew, or dilute the pills.

At a set time, with a time interval between taking the medicine and eating (1 hour before a meal or 2 hours after a meal).

If you forgot to take a dose or in case of vomiting, do not take an additional dose but wait for the time to take the next dose.

## Dosage – therapy regimen



## How to get the medicine supply?

This medicine is available in local pharmacies.

Getting this medicine might take time. Be careful and order the medicine in advance. Store this product in its original packaging, away from sources of heat and moisture.

## What else do you need to know?

### Precautions and monitoring

Laboratory tests are necessary while taking your medication (blood test to monitor liver function), as well as clinical condition monitoring (blood pressure, cardiac scintigraphy, follow up with a dermatologist).

### Using contraceptives

This drug may harm an unborn baby. During the entire treatment, you and your partner need to use effective contraception methods (condoms combined with another method).

### Interactions with other medications and/or food

The occurrence of interactions between MEKINIST® and your other treatments may have harmful consequences (reduced drug efficacy and tolerance). It is important to tell your pharmacist and doctor about all medications and/or other substances (foods, plants, probiotics, essential oils, nutritional supplements, etc.) that you are taking.

*Example:* While taking MEKINIST®, it is necessary to avoid using ginkgo biloba, bitter orange, butcher's broom, licorice, yohimbine.

## What are possible side effects?

**Only the most common side effects are listed below. There might be some other side effects. For additional information, refer to your medicine leaflet or seek advice from your doctor or pharmacist.**

### SIDE EFFECTS



Most common ones	<p><b>Skin problems:</b> skin rash, acne, dryness, itching, hair loss</p> <p><b>Digestive problems:</b> diarrhea, nausea, vomiting, constipation, abdominal pain, inflammation inside mouth (ulcers)</p> <p><b>General disorders:</b> fatigue, limb swelling, fever, chills</p> <p><b>Pain:</b> headaches, joint pain</p> <p><b>Eye problems:</b> blurred vision, inflammation, pain</p> <p><b>Cardiovascular system problems:</b> including elevated blood pressure, hemorrhage</p> <p><b>Respiratory problems:</b> cough, shortness of breath</p> <p><b>Abnormal liver function tests</b></p>
<b>WHEN TO ALERT THE MEDICAL TEAM?</b>	
Tell medical personnel if the following conditions are present and in the absence of specific medical advice	<p><b>Hypertension symptoms</b></p> <ul style="list-style-type: none"> <li>&gt; Headaches, buzzing in the ears, and/or dizziness</li> <li>&gt; Blood pressure increase</li> </ul> <p><b>Digestive problems</b></p> <ul style="list-style-type: none"> <li>&gt; Significant and/or rapid weight loss</li> <li>&gt; Very frequent diarrhea, bowel movement over 4 times a day</li> <li>&gt; Mouth pain or ulcers that prevent normal eating</li> <li>&gt; Severe abdominal pain</li> <li>&gt; Inability to drink for 24 hours and/or eat for about 48 hours</li> <li>&gt; Bowel movements fewer than 3 times a week</li> </ul> <p><b>Symptoms suggestive of cardiac problems</b></p> <ul style="list-style-type: none"> <li>&gt; Shortness of breath, lack of energy, dizziness</li> </ul> <p><b>Skin problems</b></p> <ul style="list-style-type: none"> <li>&gt; Wart generation</li> <li>&gt; Skin tenderness or a reddish bump on the skin that bleeds or does not heal</li> <li>    Mole size or color change</li> </ul> <p><b>Symptoms suggestive of infection</b></p> <ul style="list-style-type: none"> <li>&gt; Temperature &gt; 38.5 °C</li> </ul> <p><b>Eye problems</b></p> <ul style="list-style-type: none"> <li>Pain in the eyes, tearing or redness, blurred vision, or light sensitivity</li> </ul> <p><b>Respiratory problems</b></p> <ul style="list-style-type: none"> <li>&gt; Increasing constant cough or problems breathing</li> </ul> <p><b>Symptoms suggestive of hemorrhage</b></p> <ul style="list-style-type: none"> <li>&gt; Blood in stool or in vomit</li> <li>&gt; Hematomas (bruises), nose bleedings</li> </ul> <p><b>Symptoms suggestive of phlebitis</b></p> <ul style="list-style-type: none"> <li>&gt; Red, warm to the touch, and painful calf</li> </ul> <p><b>Muscle disorders</b></p> <ul style="list-style-type: none"> <li>&gt; Unusual and inexplicable pain in muscles</li> </ul> <p><b>Pain that prevents you from doing your normal activities</b></p> <ul style="list-style-type: none"> <li>&gt; Headaches</li> <li>&gt; Joint pain</li> </ul>
<b>HOW TO PREVENT SIDE EFFECTS?</b>	
Blood pressure control	Elevated blood pressure needs to be corrected. <b>Taking arterial pressure regularly</b> is recommended. Pharmacists can help you take your blood pressure. You can also ask to do it by yourself using an automatic blood pressure monitor.
Weight	<b>Regularly check your weight</b> in case of digestive problems or swelling of the limbs.
Oral hygiene	<b>Use</b> a soft toothbrush; <b>use</b> oral rinses containing baking soda. <b>Avoid</b> oral rinses that contain menthol or alcohol.
Skin care	<b>Opt for</b> mild soap and moisturizer, pat skin dry. <b>Avoid</b> using any skin irritating products. <i>For sun protection</i> <b>use</b> broad spectrum sunscreen and <b>avoid</b> sun exposure.
Hair loss	<b>Use</b> a small amount of mild shampoo (for babies). <b>Opt for</b> a soft brush. <b>Avoid</b> washing your hair too often. <b>Avoid</b> heat sources (hairdryer, heated curlers, hot smoothing iron), dyes, highlights, or perm.
Bleedings / hemorrhage	Avoid taking anti-inflammatory drugs (ibuprofen, aspirin...) Notify your doctor: > if you take blood thinners or thrombocytic antiaggregants: careful monitoring is needed > about surgical or dental intervention.
Infection	A flu and pneumococcal infection <b>vaccine</b> might be <b>recommended</b> for you: it will protect you.
Отёки	<b>Avoid</b> wearing tight clothing, socks, and shoes. <b>Put</b> your feet in an elevated position. Regularly <b>check</b> your weight.
<b>HOW TO ADAPT YOUR DIET?</b>	
Diarrhea	<b>Opt for</b> a low fiber diet. It is preferable to <b>consume</b> starchy products, carrots, and bananas. <b>Avoid</b> using raw fruit and vegetables, dairy products, coffee, or alcohol. <b>Drink</b> more water.
Nausea	<b>Opt for</b> split nutrition consisting of several light meals, liquid and cold dishes. <b>Limit</b> consumption of fatty, fried, and spicy foods.
Inflammation inside mouth (ulcers)	<b>Avoid</b> sour, sticky, or very salty foods.
Constipation	<b>Opt for</b> a high fiber diet. <b>Drink</b> more water.

