




BINIMETINIB - MEKTOVI®

What is MEKTOVI

Medicine Name	Description
Binimetinib	<p>Tablets ranging from yellow to dark yellow, non-divisible, engraved with the logo "A" on one side and "15" on the other side.</p> 

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. 15 mg pill(s), twice a day, every day.

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

Take at the same time, with or without meals.

If you forgot to take a dose, it can be taken within 6 hours; however, in case of vomiting, do not take an additional dose but wait for the time to take the next dose.

Dosage – Therapy regimen

Twice a day, at the same time, with or without meals	  
Continuously	 J1 J2 J3 J4 J5 J6 J7 ... J28

How to get the medicine supply?

This medicine is available from 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 blood counts, liver function), as well as clinical condition monitoring (heart function, blood pressure monitoring, dermatological follow-up, ophthalmological follow-up.)

Using contraceptives

This drug may harm an unborn baby. During the entire treatment and one month after its cessation, you and your partner need to use effective contraception methods (condoms, birth control pills combined with another method).

Interactions with other medications and/or food

The occurrence of interactions between MEKTOVI® 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 MEKTOVI®, it is necessary to avoid taking Saint John's wort.



What are possible side effects?

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	
The most common ones	<p>Abnormal blood counts: low multinuclear neutrophil count (neutropenia) and low platelet count (thrombocytopenia), low hemoglobin level (anemia), low electrolyte level, abnormal liver and kidney function tests</p> <p>Digestive problems: nausea, diarrhea, constipation, loss of appetite, abdominal pain</p> <p>Skin problems: skin dryness, skin rash, redness, itching</p> <p>Cardiac problems: increased blood pressure, bleeding risk, increased heart rate, venous thrombosis</p> <p>Eye problems: vision problems</p> <p>Joint and/or muscle pain: cramps, soreness</p> <p>Other: peripheral neuropathies, fatigue, swelling of the limbs, headaches, insomnia, dizziness</p>
When to alert the medical team?	
Tell medical personnel if the following conditions are present and in the absence of specific medical advice	<p>Digestive problems Significant and/or rapid weight loss Very frequent diarrhea, bowel movement over 4 times a day Pain inside the mouth or ulcers that prevent normal eating Inability to drink for 24 hours and/or eat for about 48 hours</p> <p>Symptoms suggestive of cardiac problems Perte de connaissance, essoufflement, palpitations</p> <p>Symptoms suggestive of hemorrhage Blood in stool or in vomit Hematomas (bruises), nose bleedings</p> <p>Pain that prevents you from doing your normal activities</p>
How to prevent side effects?	
Infection	Avoid visiting high risk areas (crowds, contact with sick people, ...). Vaccination for flu and pneumococcal infection might be recommended for you: it will protect you.
Skin care	For washing, opt for a mild soap and moisturizer, pat skin dry. Avoid using any irritating products. <i>For sun protection, use</i> broad spectrum sunscreen and avoid sun exposure.
Fatigue	Opt for activities contributing to well-being, in particular adjusted and regular physical activities: walking, work in the garden, swimming, biking, sports... Alternate periods of activity and rest.
Weight	Regularly check your weight in case of digestive problems, loss of appetite, or swellings.
Eyes	Avoid wearing contact lenses. Avoid driving in low light.
Pain in muscles / joints	Make sure to stay well hydrated before, during, and after physical activity. Engage in regular and appropriate physical activity, and warm up beforehand. Avoid repetitive movements and intense physical exertion.
Bleedings	Avoid taking anti-inflammatory drugs (ibuprofen, aspirin...) Notify your doctor: > if you take <i>blood thinners or thrombocytic antiaggregants</i> : careful monitoring is needed > about <i>surgical or dental intervention</i> .
Hair loss or hair texture change	Use a small amount of mild shampoo (for babies). Opt for a soft brush. Avoid washing your hair too often. Avoid heat sources (hairdryer, heated curlers, hot smoothing iron), dyes, highlights, or perm.

Blood pressure control	Elevated blood pressure needs to be corrected. Taking arterial pressure regularly 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. Limit your salt consumption.
How to adapt your diet?	
Nausea	Opt for split nutrition consisting of several light meals, liquid and cold dishes. Limit consumption of fatty, fried, and spicy foods.
Loss of appetite	Opt for a higher calorie diet and “pleasure diet”.
Diarrhea	Opt for a low fiber diet. It is preferable to consume starchy products, carrots, and bananas. Avoid using raw fruit and vegetables, dairy products, coffee, or alcohol. Drink plenty of water.
Constipation	Opt for a high fiber diet. Drink plenty of water.

