Dabrafenib-Trametinib

for Malignant melanoma and other skin cancers

Regimen schedule

Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Dabrafenib Morning dose	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Dabrafenib Evening dose	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Trametinib	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X

Day	22	23	24	25	26	27	28
Dabrafenib Morning dose	X	X	X	X	X	X	X
Dabrafenib Evening dose	X	X	X	X	X	X	X
Trametinib	X	X	X	X	X	X	X

About your treatment

Dabrafenib (Tafinlar capsules) and Trametinib (Mekinist tablets) are kinase inhibitors that affect the way cancer cells signal and reduce their ability to grow.

Take dabrafenib twice a day and trametinib once a day, without interruption. Your doctor or nurse will tell you how many tablets to take at a time. They will also let you know if you need to change your dosage. During treatment, your blood tests and any side effects will be monitored.

How to take the medicines

Dabrafenib: Swallow the capsules whole with water. Do not take the capsules with food. Allow at least 2 hours after a meal before taking the capsules, and do not eat anything for at least 1 hour after taking the capsules. You should take them at about the same time each day. If you miss a dose, take it only if there are more than 6 hours left until your next dose.

You must not eat or drink preparations containing St. John's wort during treatment as this may affect the effect of Dabrafenib.

Trametinib: Swallow the tablets whole with water. Do not take the tablets with food. Allow at least 2 hours after a meal, and do not eat anything for at least 1 hour after taking the tablets. If you miss a dose, take it only if there are more than 12 hours before your next dose.

Read more in the package leaflets.

Side effects - symptoms and tips

The side effects we list here are the most common and important. They can vary greatly from person to person, and even from time to time. Side effects may determine your dose or require you to stop taking the medicine.

Tell your doctor or nurse if you have any side effects. Often the symptoms can be prevented or alleviated.

Fever

You may get a fever. It may be a side effect of medicines or be an infection.

Tips: Drink a lot, a few glasses more than usual per day. Rest. Contact your doctor to discuss whether you should take antipyretics.

Problems with stomach and intestines

Diarrhoea is common. You may also become constipated.

Tip: Drink a lot, a few glasses more than usual per day. If you have diarrhoea, avoid fatty, spicy and high-fibre foods. If you're constipated, try high-fibre foods and exercise. Talk to your doctor if you get diarrhoea or constipation - you may need medication.

Eye problems

You may get red eyes with stinging and pain. You may also experience blurred vision, dry eyes and become more sensitive to light. In rare cases, you may lose part of your field of vision, which may be due to a retinal detachment or blockage of a vessel in the eye. You should contact your doctor immediately.

Tip: If your eyes sting and feel dry, use lubricating eye drops available from pharmacies.

Bleeding

You may have an increased risk of bleeding. For example, you may bleed easily from your nose or mouth. If you get a cut on your skin, you may bleed longer than usual. Surgical wounds may heal more slowly.

Tips: Be careful not to cut yourself. You can stop nosebleeds by squeezing the soft parts of your nose for 10 minutes. If this doesn't stop it, contact your doctor. Be attentive to oral hygiene, and use a soft toothbrush and mild toothpaste. Be careful with floss and toothpicks. Inform your dentist or other health care provider of your cancer treatment when you visit.

Problems with the heart

The treatment carries a certain risk of cardiac effects. You may have symptoms such as chest pain, an unusual heart rhythm, palpitations, shortness of breath or swollen legs. ECG and/or ultrasound of the heart are sometimes included in checks on heart function.

Acne-like skin problems

You may get acne-like rashes on your face and upper body. You may also experience itching, cracking of the skin and inflammation around the nails. Talk to your nurse if you develop skin problems - you may need medication.

Tip: Apply a moisturising cream to your whole body several times a day. Use bath oil instead of soap. Avoid sunbathing. Wear a hat and full-coverage clothing. Lubricate parts of the body not covered by clothing with sunscreen that has a high SPF and UVA protection.

Problems with hands and feet

You may sometimes experience redness, dry flaky skin and swelling on the soles of your hands and feet. It usually starts as soreness, tingling and numbness, which can develop into blisters, cracks and sores. Contact your doctor immediately if you experience these symptoms.

Tip: Avoid exposing hands and feet to high heat, such as showering or washing dishes with very hot water. To relieve the discomfort, you can use cold items, such as a freezing pack wrapped in a towel. Also avoid exposing your hands and feet to vibration or abrasion, such as when using a drill for hours or running for miles.

Other

Joint pain and muscle pain are common. Headaches and fatigue are also common. You may also feel dizzy.

Contact your clinic immediately at

Acute

Call 112 in case of persistent acute chest pain, pressure on the chest or difficulty breathing/shortness of breath

Contact your clinic immediately at:

- Severe diarrhea, or diarrhea combined with fever.
- Bruises, nosebleeds or other bleeding that you cannot stop.
- Heart palpitations
- Skin rash on most of the body, or skin rash with pain.
- Sudden deterioration regardless of symptoms

Common advice

It is important not to get pregnant or make someone pregnant while you are being treated with cancer drugs, as the drugs can affect the foetus. Therefore, use safe, non-hormonal contraceptives during treatment and for at least 90 days after the end of treatment, as the drug may render the contraceptive pill ineffective.

General information about cancer

Useful information about cancer is available from both 1177 Vårdguiden and Cancerfonden:

www.1177.se

www.cancerfonden.se