

Medication Information Sheet

binimetinib (BIN i ME ti nib)

This document provides general information about your medication. It does not replace the advice of your health care professional. Always discuss your therapy with your health care professional and refer to the package insert for more details.

Other Name: Mektovi®

Appearance: yellow tablet

What is this medication for?

- For treating a certain type of skin cancer called melanoma. It is usually given together with another medication.

What should I do before I have this medication?

Tell your health care team if you have or had significant medical condition(s), especially if you have / had:

- heart problems or high blood pressure,
- liver problems,
- eye problems, or
- any allergies.

Binimetinib tablets contain a small amount of lactose. If you cannot tolerate lactose, talk to your health care team.

Remember to:

- Tell your health care team about all of the other medications you are taking.
- Keep taking other medications that have been prescribed for you, unless you have been told not to by your health care team.

You will have a blood test to check for hepatitis B before starting treatment. See the [Hepatitis B and Cancer Medications](#) pamphlet for more information.

How will this medication affect sex, pregnancy and breastfeeding?

Talk to your health care team about:

- How this medication may affect your sexual health.
- How this medication may affect your ability to have a baby, if this applies to you.

This medication may harm an unborn baby. Tell your health care team if you or your partner are pregnant, become pregnant during treatment, or are breastfeeding.

- If there is **any** chance of pregnancy happening, you and your partner together must use **2 effective forms of birth control** at the same time until **1 month** after your last dose (if you are female) and **1 week** after your last dose (if you are male). Talk to your health care team about which birth control options are best for you.
- Do not breastfeed while on this medication until **3 days** after your last dose.

How is this medication given?

- This medication is usually taken twice a day by mouth (about 12 hours apart). Talk to your health care team about how and when to take your medication.
- Swallow whole with a glass of water, with or without food.
- You will need more than 1 tablet to have the correct dose. Ensure you count the tablets correctly to get the right dose.
- If you forget to take a dose of your binimetinib:
 - ◊ If it has been less than 6 hours from the missed dose, take the dose as usual. Then take your next dose at the normal scheduled time.
 - ◊ If it has been longer than 6 hours, do not take the dose. Take your next dose at the normal scheduled time. Do not take extra (double up) to make up for the missed dose.
- If you vomit (throw up) after taking your medication, do not take an additional dose. Take your next dose at the normal scheduled time.
- If you take too much of your medication by accident, or if you think a child or a pet may have swallowed your medication, you must call the Ontario Poison Control Center right away at: 1-800-268-9017.

What else do I need to know while on this medication?

Will this medication interact with other medications or natural health products?

- Although this medication is unlikely to interact with other medications, vitamins, foods and natural health products, tell your health care team about all of your:
 - ◊ prescription and over-the-counter (non-prescription) medications and all other drugs, such as cannabis/marijuana (medical or recreational)
 - ◊ natural health products such as vitamins, herbal teas, homeopathic medicines, and other supplements
- Check with your health care team before starting or stopping any of them.

What should I do if I feel unwell, have pain, a headache or a fever?

- **Always** check your temperature to see if you have a fever **before** taking any medications for fever or pain (such as acetaminophen (Tylenol®) or ibuprofen (Advil®)).
 - ◊ Fever can be a sign of infection that may need treatment right away.
 - ◊ If you take these medications before you check for fever, they may lower your temperature and you may not know you have an infection.

How to check for fever:

Keep a digital (electronic) thermometer at home and take your temperature if you feel hot or unwell (for example, chills, headache, mild pain).

- You have a fever if your temperature taken in your mouth (oral temperature) is:
 - ◊ 38.3°C (100.9°F) or higher at any time

OR

 - ◊ 38.0°C (100.4°F) or higher for at least one hour.

If you do have a fever:

- **Try to contact your health care team. If you are not able to talk to them for advice, you MUST get emergency medical help right away.**
- Ask your health care team for the [Fever](#) pamphlet for more information.

If you do not have a fever but have mild symptoms such as headache or mild pain:

- Ask your health care team about the right medication for you. **Acetaminophen (Tylenol®)** is a safe choice for most people.
- **Talk to your health care team before you start taking** Ibuprofen (Advil®, Motrin®), naproxen (Aleve®) or ASA (Aspirin®), as they may increase your chance of bleeding or interact with your cancer treatment.
- Talk to your health care team if you already take **low dose aspirin** for a medical condition (such as a heart problem). It may still be safe to take.

What to DO while on this medication:

- DO check with your health care team before getting any vaccinations, surgery, dental work or other medical procedures.
- DO talk to your health care team about your risk of getting other cancers and heart problems after this treatment.

What NOT to DO while on this medication:

- DO NOT smoke or drink alcohol while on treatment without talking to your health care team first. Smoking and drinking can make side effects worse and make your treatment not work as well.
- DO NOT drive, operate machinery or do any tasks that need you to be alert if you feel drowsy or have problems with your vision.

How should I safely store this medication?

- Keep this medication in the original packaging at room temperature in a dry place, away from heat and light. Keep out of sight and reach of children and pets.
- Do not throw out any unused medications at home. Bring them to your pharmacy to be thrown away safely.

How to safely touch oral anti-cancer medications

If you are a patient:

- Wash your hands before and after touching your oral anti-cancer medication.
- Swallow each pill whole. Do not crush or chew your pills.

If you are a caregiver:

- Wear nitrile or latex gloves when touching tablets, capsules or liquids.
- Wash your hands before putting on your gloves and after taking them off, even if your skin did not touch the oral anti-cancer medication.
- Throw out your gloves after each use. Do not re-use gloves.
- Do not touch oral anti-cancer medications if you are pregnant or breastfeeding.

What to do if oral anti-cancer medication gets on your skin or in your eyes**If medication gets on your skin:**

- Wash your skin with a lot of soap and water.
- If your skin gets red or irritated, talk to your health care team.

If medication gets in your eyes:

- Rinse your eyes with running water right away. Keep water flowing over your open eyes for at least 15 minutes.

What are the side effects of this medication?

The following table lists side effects that you may have when getting binimetinib. The table is set up to list the most common side effects first and the least common last. Binimetinib is usually given along with other medications to treat cancer. Some of the side effects listed below may be due to those other medications.

It is unlikely that you will have all of the side effects listed and you may have some that are not listed. Read over the side effect table so that you know what to look for and when to get help. Refer to this table if you experience any side effects while on binimetinib.

Very Common Side Effects (50 or more out of 100 people)	
Side effects and what to do	When to contact health care team
<p>Higher than normal levels of creatine kinase in your blood</p> <p>(May be severe)</p> <p>Creatine kinase (also called creatine phosphokinase) is an enzyme found in your muscles. High levels of creatine kinase in your blood may mean you have muscle damage.</p> <p>This medication may increase the levels of creatine kinase in your blood.</p> <p>What to look for?</p> <p>High creatine kinase levels may not cause any symptoms that you can see or feel. Your health care team may order a blood test to check your creatine kinase levels.</p> <ul style="list-style-type: none"> • In rare cases, high creatine kinase levels may cause: <ul style="list-style-type: none"> ◦ Severe pain or weakness in your muscles, or ◦ Dark red or brown coloured pee • Severe muscle damage can cause kidney problems. You may have: <ul style="list-style-type: none"> ◦ New swelling in your hands, ankles, feet or other areas of your body ◦ Weight gain that is not normal for you ◦ Pain in your lower back ◦ Changes in urination (peeing) such as less urine than usual <p>What to do?</p> <ul style="list-style-type: none"> • Talk to your health care team if you have any unexplained muscle pain, tenderness or weakness, or signs of kidney problems. <p>If you have severe muscle pain or weakness and dark-coloured pee, get emergency medical help right away.</p>	<p>Talk to your health care team if it does not improve. Get emergency medical help right away if it is severe.</p>

Common Side Effects (25 to 49 out of 100 people)	
Side effects and what to do	When to contact health care team
<p>Fatigue</p> <p>What to look for?</p> <ul style="list-style-type: none"> Feeling of tiredness or low energy that lasts a long time and does not go away with rest or sleep. <p>What to do?</p> <ul style="list-style-type: none"> Be active. Aim to get 30 minutes of moderate exercise (you are able to talk comfortably while exercising) on most days. Check with your health care team before starting any new exercise. Pace yourself, do not rush. Put off less important activities. Rest when you need to. Ask family or friends to help you with things like housework, shopping, and child or pet care. Eat well and drink at least 6 to 8 glasses of water or other liquids every day (unless your health care team has told you to drink more or less). Avoid driving or using machinery if you are feeling tired. <p>Ask your health care team for the Fatigue pamphlet for more information.</p>	<p>Talk to your health care team if it does not improve or if it is severe.</p>
<p>Nausea and vomiting</p> <p>(Generally mild)</p> <p>What to look for?</p> <ul style="list-style-type: none"> Nausea is feeling like you need to throw up. You may also feel light-headed. You may feel nausea within hours to days after your treatment. <p>What to do?</p> <p>To help prevent nausea:</p> <ul style="list-style-type: none"> It is easier to prevent nausea than to treat it once it happens. If you were given anti-nausea medication(s), take them as prescribed, even if you do not feel like throwing up. Drink clear liquids and have small meals. Get fresh air and rest. Do not eat spicy, fried foods or foods with a strong smell. Limit caffeine (like coffee, tea) and avoid alcohol. 	<p>Talk to your healthcare team if nausea lasts more than 48 hours or vomiting lasts more than 24 hours or if it is severe.</p>

Common Side Effects (25 to 49 out of 100 people)	
Side effects and what to do	When to contact health care team
<p>If you have nausea or vomiting:</p> <ul style="list-style-type: none"> • Take your rescue (as-needed) anti-nausea medication(s) as prescribed. • Ask your health care team for the Nausea & Vomiting pamphlet for more information. • Talk to your health care team if: <ul style="list-style-type: none"> ◦ nausea lasts more than 48 hours ◦ vomiting lasts more than 24 hours or if it is severe 	
<p>Diarrhea</p> <p>What to look for?</p> <ul style="list-style-type: none"> • Loose, watery, unformed stool (poo) that may happen days to weeks after you get your treatment. <p>What to do?</p> <p>If you have diarrhea:</p> <ul style="list-style-type: none"> • Take anti-diarrhea medication if your health care team prescribed it or told you to take it. • Do not eat foods or drinks with artificial sweetener (like chewing gum or 'diet' drinks), coffee and alcohol. • Eat many small meals and snacks instead of 2 or 3 large meals. • Drink at least 6 to 8 cups of liquids each day, unless your health care team has told you to drink more or less. • Talk to your health care team if you can't drink 6 to 8 cups of liquids each day when you have diarrhea. You may need to drink special liquids with salt and sugar, called Oral Rehydration Therapy. • Talk to your health care team if your diarrhea does not improve after 24 hours of taking diarrhea medication or if you have diarrhea more than 7 times in one day. <p>Ask your health care team for the Diarrhea pamphlet for more information.</p>	<p>Talk to your health care team if no improvement after 24 hours of taking diarrhea medication or if severe (more than 7 times in one day).</p>
<p>Headache; mild joint, muscle pain or cramps</p> <p>What to look for?</p> <ul style="list-style-type: none"> • A mild headache. • New pain in your muscles or joints, muscle cramps, or feeling achy. 	<p>Talk to your health care team if it does not improve or if it is severe.</p>

Common Side Effects (25 to 49 out of 100 people)	
Side effects and what to do	When to contact health care team
<p>What to do?</p> <ul style="list-style-type: none"> • Take pain medication (acetaminophen or opioids such as codeine, morphine, hydromorphone, oxycodone) as prescribed. • Read the above section: "What should I do if I feel unwell, have pain, a headache or a fever?" before taking acetaminophen (Tylenol®), ibuprofen (Advil®, Motrin®), naproxen (Aleve®) or Aspirin. These medications may hide an infection that needs treatment or they may increase your risk of bleeding. • Rest often and try light exercise (such as walking) as it may help. <p>Ask your health care team for the Pain pamphlet for more information.</p>	

Less Common Side Effects (10 to 24 out of 100 people)	
Side effects and what to do	When to contact health care team
<p>Thickening of the skin or Rash; Dry, itchy skin</p> <p>What to look for?</p> <ul style="list-style-type: none"> • Thickening of your skin, especially on your hands. • Cracked, rough, flaking or peeling areas of the skin. • Red and warm areas of your skin. This may feel like a sunburn. • Itching, burning, stinging or areas of your skin that feel very tender when touched. <p>What to do?</p> <p>To prevent and treat dry skin:</p> <ul style="list-style-type: none"> • Use fragrance-free skin moisturizer. • Protect your skin from the sun and the cold. • Use sunscreen with UVA and UVB protection and a SPF of at least 30. • Avoid perfumed products and lotions that contain alcohol. • Drink 6 to 8 cups of non-alcoholic, non-caffeinated liquids each day, unless your health care team has told you to drink more or less. <p>Rash may be severe in some rare cases and cause your skin to blister or peel. If this happens, get emergency medical help right away.</p>	<p>Talk to your health care team if it does not improve or if it is severe.</p>

Less Common Side Effects (10 to 24 out of 100 people)	
Side effects and what to do	When to contact health care team
<p>Constipation</p> <p>What to look for?</p> <ul style="list-style-type: none"> • Having bowel movements (going poo) less often than normal. • Small hard stools (poo) that look like pellets. • The need to push hard and strain to have any stool (poo) come out. • Stomach ache or cramps. • A bloated belly, feeling of fullness, or discomfort. • Leaking of watery stools (poo). • Lots of gas or burping. • Nausea or vomiting. <p>What to do?</p> <p>To help prevent constipation:</p> <ul style="list-style-type: none"> • Try to eat more fiber rich foods like fruits with skin, leafy greens and whole grains. • Drink at least 6 to 8 cups of liquids each day unless your health care team has told you to drink more or less. • Be Active. Exercise can help to keep you regular. • If you take opioid pain medication, ask your health care team if eating more fibre is right for you. <p>To help treat constipation:</p> <ul style="list-style-type: none"> • If you have not had a bowel movement in 2 to 3 days you may need to take a laxative (medication to help you poo) to help you have regular bowel movements. Ask your health care team what to do. <p>Ask your health care team for the Constipation Pamphlet for more information.</p>	<p>Talk to your health care team if it does not improve or if it is severe.</p>
<p>Eye problems</p> <p>What to look for?</p> <ul style="list-style-type: none"> • Your eyes may feel dry, irritated, or painful. • They may look red and have a lot of tears. • They may feel sensitive to light and your vision may be blurry. 	<p>Talk to your health care team as soon as possible.</p>

Less Common Side Effects (10 to 24 out of 100 people)	
Side effects and what to do	When to contact health care team
<p>What to do?</p> <ul style="list-style-type: none"> • Avoid wearing contact lenses. • Wear sunglasses with UV protection. • Use protective eyewear (goggles or helmet with face mask) when playing sports, mowing the lawn or doing anything that may get particles or fumes in your eyes. • You may try artificial tears (eye drops) or ointment. 	
<p>Unusual bleeding or bruising</p> <p>(May be severe)</p> <p>What to look for?</p> <ul style="list-style-type: none"> • Watch for signs of bleeding: <ul style="list-style-type: none"> ◦ bleeding from your gums ◦ unusual or heavy nosebleeds ◦ bruising easily or more than normal ◦ black coloured stools (poo) or blood in your stools (poo) ◦ coughing up red or brown coloured mucus ◦ dizziness, constant headache or changes in your vision ◦ heavy vaginal bleeding ◦ red or pink coloured urine (pee) <p>What to do?</p> <ul style="list-style-type: none"> • Check with your healthcare team before you go to the dentist or if you have a surgery planned. • Take care of your mouth and use a soft toothbrush. • Try to prevent cuts and bruises. • Ask your health care team what activities are safe for you. <p>If you have signs of bleeding:</p> <ul style="list-style-type: none"> • If you have a small bleed, clean the area with soap and water or a saline (saltwater) rinse. Apply pressure for at least 10 minutes. <p>If you have bleeding that does not stop or is severe (very heavy), you must get emergency medical help right away.</p>	<p>Talk to your health care team if you have any signs of bleeding. If you have bleeding that doesn't stop or is severe, you MUST get emergency medical help right away.</p>

Less Common Side Effects (10 to 24 out of 100 people)	
Side effects and what to do	When to contact health care team
<p>Dizziness</p> <p>What to look for?</p> <ul style="list-style-type: none"> You may feel light-headed and like you might faint (pass out). <p>What to do?</p> <ul style="list-style-type: none"> Lay down right away so you do not fall. Slowly get up and start moving once you feel better. Do not drive a motor vehicle or use machinery if you feel dizzy. 	<p>Talk to your health care team if it does not improve or if it is severe.</p>
<p>Hair thinning or loss</p> <p>What to look for?</p> <ul style="list-style-type: none"> Your hair may become thin or fall out during or after treatment. In most cases, your hair will grow back after treatment. The texture or colour may change. In very rare cases, hair loss may be permanent. <p>What to do?</p> <ul style="list-style-type: none"> Use a gentle soft brush. Do not use hair sprays, bleaches, dyes and perms. 	<p>Talk to your health care team if this bothers you.</p>
<p>Mild swelling</p> <p>What to look for?</p> <ul style="list-style-type: none"> You may have mild swelling or puffiness in your arms and/or legs. Rarely, this may be severe. <p>What to do?</p> <p>To help prevent swelling:</p> <ul style="list-style-type: none"> Eat a low-salt diet. 	<p>Talk to your health care team if it does not improve or if it is severe.</p>

Less Common Side Effects (10 to 24 out of 100 people)	
Side effects and what to do	When to contact health care team
<p>If you have swelling:</p> <ul style="list-style-type: none"> • Wear loose-fitting clothing. • For swollen legs or feet, keep your feet up when sitting. 	
<p>High blood pressure</p> <p>What to look for?</p> <ul style="list-style-type: none"> • There are usually no signs of high blood pressure. • Rarely, you may have headaches, shortness of breath or nosebleeds. <p>What to do?</p> <ul style="list-style-type: none"> • Check your blood pressure regularly. • Your doctor may prescribe medication to treat high blood pressure. <p>If you have a severe headache get emergency help right away as it may be a sign your blood pressure is too high.</p>	<p>Talk to your health care team if it does not improve or if it is severe.</p>
<p>Neuropathy (Tingling, numb toes or fingers)</p> <p>What to look for?</p> <ul style="list-style-type: none"> • Numbness or tingling of your fingers and toes may happen after starting your treatment. • Sometimes it can be painful and feel like a burning sensation, which may be severe. <p>What to do?</p> <ul style="list-style-type: none"> • Talk to your health care team if you have symptoms of neuropathy. • Numbness and tingling may slowly get better after your treatment ends. <p>In rare cases, it may continue long after treatment ends. If you continue to have bothersome symptoms, talk to your health care team for advice.</p>	<p>Talk to your health care team, especially if you have trouble doing tasks like doing up buttons, writing, moving, or if you have severe pain or numbness.</p>

Other rare, but serious side effects are possible.

If you experience ANY of the following, speak to your cancer health care provider or get emergency medical help right away:

- Irregular heartbeat, shortness of breath, chest pain or fainting spells
- Swelling in your legs, ankles and belly
- Pain, swelling and hardening of the vein in an arm or leg
- Yellowish skin or eyes, unusually dark pee or pain on the right side of your belly
- Pain in the centre of your belly that may spread to your back
- New cough, breathing problems, chest pain or coughing up blood
- Signs of an allergic reaction: Itchiness, rash, swollen lips, face or tongue, chest and throat tightness
- Unusual changes in your skin, such as skin sores, warts or reddish bumps that bleed or do not heal.

Who do I contact if I have questions or need help?

My cancer health care provider is: _____

During the day I should contact: _____

Evenings, weekends and holidays: _____

Other Notes:

April 2023 New patient information sheet

For more links on how to manage your symptoms go to www.cancercareontario.ca/symptoms.

The information set out in the medication information sheets, regimen information sheets, and symptom management information (for patients) contained in the Drug Formulary (the "Formulary") is intended to be used by health professionals and patients for informational purposes only. The information is not intended to cover all possible uses, directions, precautions, drug interactions or side effects of a certain drug, nor should it be used to indicate that use of a particular drug is safe, appropriate or effective for a given condition.

A patient should always consult a healthcare provider if he/she has any questions regarding the information set out in the Formulary. The information in the Formulary is not intended to act as or replace medical advice and should not be relied upon in any such regard. All uses of the Formulary are subject to clinical judgment and actual prescribing patterns may not follow the information provided in the Formulary.