

Vemurafenib-Cobimetinib

Zelboraf®-Cotellic®

Cancer-directed targeted therapy in tablets

Understanding your treatment

What is targeted therapy?

This treatment targets specific molecules, which are inside or on the surface of cancer cells. By targeting cancer cells, the targeted therapy limits damage to healthy cells. This type of treatment can be used alone or in combination with other treatments such as chemotherapy.

How can a targeted therapy help you?

Depending on your type of cancer and the stage of the disease, a targeted therapy can be used to :

- **Destroy** cancer cells
- **Stop** the cancer from spreading
- **Slow** the growth of cancer cells

How will you feel while on a targeted therapy?

Even though those treatments target cancer cells and limit damage to healthy cells, side effects can still arise.

Not everyone has side effects and each person's experience may differ. Side effects and their severity are not representative of the treatment's effect or lack thereof.

This document presents the most frequent side effects that your targeted therapy causes.

Medication

Vemurafenib

Tablets to take by mouth

Cobimetinib

Tablets to take by mouth

Administration

To be taken twice daily (approximately every 12 hours) with or without food

On a continuous basis

Take once daily with or without food

Take for 21 consecutive days, followed by 7 days off

Cycle repeated every 28 days



A **blood test** will be done throughout your treatment cycle. Depending on the results and side effects of the previous treatment, the dose of the medication might be adjusted or the treatment might be delayed.

How to take your medication?

Vemurafenib :

- Take your vemurafenib tablets as prescribed twice daily approximately every 12 hours. You may take your pills before or during your meal with a large glass of water or juice. If you have difficulty tolerating it, for example, if it causes a stomach ache, take it while you eat.
- Tablets must be taken whole. Do not chew, split or crush the tablets.
- **If you forget a dose**, you may take it as soon as you remember if there is more than 4 hours left before your next dose. Do not double your next dose. Try, however, to take your pills at the same time every day and in the same way (either with or without food).

Cobimetinib :

- Take your cobimetinib tablets as prescribed once a day, at the same time everyday. You may take your pills before or during your meal with a large glass of water.
- Tablets must be taken whole. Do not chew, split or crush the tablets.
- **If you forget a dose**, you may take it as soon as you remember if there is more than 12 hours left before your next dose. Do not double your next dose. Try, however, to take your pills at the same time every day and in the same way (either with or without food).

Storing and handling your medicines



- Wash your hands immediately after handling your tablets.
- Keep your medication at room temperature, out of the reach of children and pets as well as protected from light, heat or moisture. Do not keep medicines in the bathroom.
- Don't throw away unused medication at home. Bring it back to your pharmacy to be destroyed safely. You may dispose of the empty containers in your home garbage can.
- If the pills inadvertently come in contact with the surrounding surface, wash and rub the surface with water and soap.
- Caregivers should wear disposable gloves if they prepare medication for you. You can find disposable gloves at your local community pharmacy.
- Keep your medications in their original container and do not mix them with other drugs.



How can this treatment affect your daily life?

Fatigue and appetite



- You may experience **fatigue** during your treatments. This is usually temporary and may be related to different reasons (medication, stress, the disease). Maintain a good level of activity but rest when you feel the need to.
- Your **appetite may diminish**. Eat more often, in smaller quantities.
- Your **sense of taste may be altered**. Enhance foods with *fines herbes* or lemon juice. Eating fruits and unsweetened candies, chewing non-sugared gums, etc., may mask the metallic taste.
- **Alcohol** in small quantities is allowed and will not affect the efficacy of the treatments.

Sex life and birth control



- You can have an **active sexual** life during your treatments. However, a decrease in your sexual drive may occur during this period. This may also be influenced by different factors (fatigue, stress, etc.).
- It's safe to kiss, to touch, to hold hands, to sleep in the same bed and to cuddle.
- The effect of the drug on male or female fertility is unknown. This medication may have an effect on the menstrual cycle as well as spermatozoid production. However, this does not prevent erection or sexual activity and as such, you can have an active sexual life during your treatments. Pregnancy is possible and this medication could be harmful to the fetus. The use of an effective method of contraception is highly recommended for both men and women while on treatment and up to 6 months after the end of your treatment. Breast-feeding is contraindicated during treatment.

Foods and medicines to avoid



- **Grapefruit**
You must avoid consuming grapefruit, Seville orange, starfruit, pomelo, pomegranate or foods containing them. The consumption of those foods could increase the side effects of your medication.

Tips and precautions



- **Sit down to urinate and fold down the toilet lid**
Women as well as men should sit down to urinate and fold down the toilet lid before flushing in order to avoid splashing. Flush twice to make sure everything has been flushed away. Follow these precautions during your treatments (or according to instructions from your cancer center).
- **Bodily fluids**
During the course of your treatment, your medicine may be found in certain liquids or secretions that you produce such as urine, stools, vomit, sperm and vaginal discharge. In order to protect the environment and those living with you, follow the instructions given by your cancer center about the right way to handle and dispose of the bodily fluids.



- **Over the counter medicines, natural health products and vaccines**

Consult your healthcare team:

- if you intend to take any other medication (with or without a prescription) or natural health products.
- if you need to receive a vaccine.

This could decrease your treatment's efficacy or increase its side effects.

- **Always have on hand the complete list of your medications**

Be sure to always have on hand the complete list of your medications, dietary supplements, vitamins and other natural health products. Give it to your doctor and your pharmacist. It is important to make them aware of any change.



What are the side effects of your treatment?

This fact sheet aims to let you know the side effects most commonly seen following the administration of your treatment. Please note that when you take any medication, there is a possibility that it causes rare side effects and it is difficult to predict which patients will be affected.

ADVERSE EFFECTS

MANAGEMENT

Diarrhea

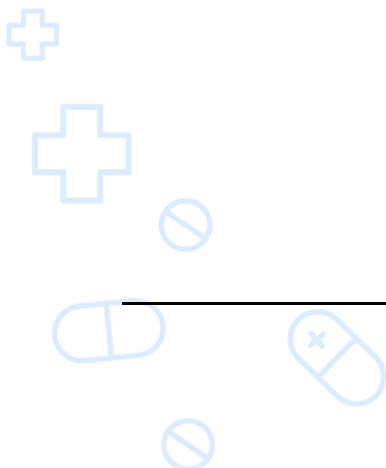
Diarrhea can sometimes occur with your treatment.

- Drink lots of liquids (8 to 10 glasses a day) unless otherwise instructed by your doctor.
- Eat and drink often but in small quantities.
- ✔ **Continue your treatment if:** you have light diarrhea (2 to 3 additional loose stools per day compared to usual before starting your treatment). Start loperamide (Imodium®) by taking 2 tablets first followed by one tablet after each loose stool for a maximum of 8 tablets per 24 hours period. Contact a member of your healthcare team if the diarrhea does not improve after taking loperamide for 24 hours.
- ⚠ **Continue your treatment and call your healthcare team as soon as possible if:** you experience more than 4 to 6 additional loose stools per day compared to usual before starting your treatment. Start loperamide (Imodium®) by taking 2 tablets first followed by one tablet after each loose stool for a maximum of 8 tablets per 24 hours period).
- ✖ **Stop your treatment and call your healthcare team as quickly as possible or go to the Emergency Room if:** you have 7 or more additional loose stools per day compared to usual before starting your treatment, if you are not able to hold it in (incontinence) or if you have diarrhea with a fever.

Nausea

Nausea and vomiting, usually light, may occur during your treatment.

- You will be prescribed medication to be taken as needed if you have nausea.
- ✔ **Continue your treatment if:** you have light nausea that does not prevent you entirely from eating. Make sure to continue your medication prescribed for your nausea.
- ⚠ **Continue your treatment and call your healthcare team as soon as possible if:** you have significant nausea, experience vomiting that is partially preventing you from eating. Make sure to continue your medication prescribed for your nausea.
- ✖ **Stop your treatment and call your healthcare team as quickly as possible or go to the Emergency Room if:** you have severe nausea or repeated vomiting that prevents you completely from eating.



Skin problems

You might experience some **skin reactions** during the course of your treatment. These reactions usually present with:

- Your skin may become more **sensitive to the sun**. Reaction can occur **even behind a window or car window**.
- A **rash** may appear on the upper body, forearms and sometimes on the face. These reactions usually disappear on their own.
- Your **skin** may become **drier**. **Redness** and **itchiness** may develop.

To help prevent or decrease these reactions:

- Avoid sun exposure all day long whether you are indoors or outdoors because the rays pass through glass (e.g., house or car windows).
- Use everyday a broad-spectrum sunscreen (SPF of 30 or more) which also offers protection against UVA rays.
- Wear a hat and clothing that covers your arms and legs.
- Apply moisturizing lotions or creams frequently to reduce or eliminate itching.
- Use fragrance-free, alcohol-free mild soap or cleaning products. Also use bath or shower oils to avoid skin dryness.
- Use liquid shower gels instead of soap.
- Take oatmeal baths (Aveeno®).

If despite all these measures, skin reactions appear:

- ✓ **Continue your treatment but contact your healthcare team if :** you develop skin problems such as pimples or redness, scattered on your skin but that are not itchy or tender. Continue to apply moisturizing cream.
- ⚠ **Stop your treatment and contact your healthcare team as soon as possible if:** you develop skin problems such as pimples or redness, scattered on your skin and they itch or are tender. Continue to apply moisturizing cream.
- ✗ **Stop your treatment and contact your healthcare team without delay or head to the Emergency Room:** if you develop skin problems, such as pimples, blisters or redness all over your body, pain or swelling.

Fever and chills

Fever and chills may occur a few hours following your treatment. It may be a reaction to the treatment instead of a sign of infection.

A decrease in **white blood cells** is unlikely during treatment.

- If recommended by your doctor and if you don't have an infection, a medication like acetaminophen (ex: Tylenol®, Atasol®) can be used to treat your symptoms.
- ✓ **Continue your treatment if:** your temperature is below 38,5°C or 101,3°F.
- ✗ **Stop your treatment and contact your healthcare team as soon as possible:** your temperature is above 38,5°C or 101,3°F.
- ✗ **Stop your treatment and go to the Emergency Room as soon as possible if:** you have a fever accompanied by signs of infection (cough, sore throat, pain when you urinate) or a blood pressure drop, weakness and dizziness.

ADVERSE EFFECTS

MANAGEMENT

Muscle and bone pain

You may experience muscle, bone and joint pain and cramps that may occur during your treatment.

- If you present with bone or muscle pain, speak with a member of your healthcare team who will recommend an appropriate pain reliever.

High blood pressure

High blood pressure might occur.

- Your blood pressure might be checked during your visit with your doctor.
- A member of your healthcare team might ask you to measure your blood pressure regularly and record it in a diary.
- If you experience high blood pressure, medication can be prescribed to control it.
- ✔ **Continue your treatment if:** your resting blood pressure is below 140/90 mmHg.
- ⚠ **Continue your treatment and call your healthcare team as soon as possible if:** your blood pressure is above 140/90 mmHg over a short period of time or less than 24 hours.
- ✖ **Stop your treatment and call your healthcare team as quickly as possible if:** your blood pressure is above 160/100 mmHg all or most of the time over a period of 24 hours. **Head to the Emergency Room** if your blood pressure is above 200/120 mmHg or if you have a headache or are confused.

Eye problems

Rarely, eye disorders such as pain, redness, blurred vision or decreased vision may occur.

- Rapidly contact a member of your healthcare team.

Hair loss

Depending on the individual, **thinning of the hair** may occur. In general, this happens 2 to 3 weeks after the start of the treatment. However, don't worry; your hair will grow back after treatments have ended.

- Use gentle shampoo.
- In order to slow hair loss, avoid brushing hair vigorously.
- Avoid hair spray, dyes and perms.

Skin lesions

Skin lesions, that may or may not be cancerous, sometimes appear 7 to 8

- Tell a member of your healthcare team about any change on your skin like a wound, wart or red bump that is bleeding and does not heal.

weeks after the start of treatment.

RARE ADVERSE EFFECTS THAT CAN BE SEVERE OR SERIOUS

If the following side effects occur, stop your treatment and call your healthcare team as quickly as possible or go to the Emergency Room:

- Shortness of breath, swelling of the ankles
- Fast or irregular heartbeats
- Prolonged bleeding (more than 20 minutes), or bleeding that cannot be stopped. Blood in your stool, or in your urine, or if you cough up blood.

PHARMACIST: _____

PHONE: _____

FROM ____ H ____ TO ____ H ____ (MONDAY TO FRIDAY)

This fact sheet has been prepared by a sub-committee of the Comité national de l'évolution de la pratique des soins pharmaceutiques of the Programme québécois de cancérologie of the Ministry of Health and Social Services in consultation with the Comité de l'évolution de la pratique en oncologie of the Institut national d'excellence en santé et en services sociaux.

DEVELOPED **FEBRUARY 2020**



Treatment Diary | Vemurafenib-Cobimetinib 28 days

CYCLE START DATE :










LEGEND (Refer to the information sheet for more details)

- ✔ Continue your treatment.
- ⚠ Continue your treatment and contact your healthcare team as soon as possible.
- ✖ Stop your treatment and contact your healthcare team without delay or go to the Emergency Room.

		DAYS OF CYCLE																												
(Record the dose taken)		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	
Vemurafenib :	mg (am)																													
	mg (pm)																													
Cobimetinib :	mg																													

Date (dd-mm)

DIARRHEA	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28
Light diarrhea: you have 2 to 3 additional loose stools per day compared to usual.																												
Moderate diarrhea: you have 4 to 6 additional loose stools per day compared to usual.																												
Severe diarrhea: you have 7 or more additional loose stools per day compared to usual before starting your treatment or you are not able to hold it in (incontinence).																												
NAUSEA AND VOMITING	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28
Light nausea that does not prevent you entirely from eating.																												
Significant nausea or if you experience vomiting that is partially preventing you from eating.																												
Severe nausea or repeated vomiting that prevents you completely from eating.																												

SKIN PROBLEMS		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28
	Skin problems that you did not have before such as pimples or redness, scattered on your skin but that are not itchy or tender.																												
	Skin problems that you did not have before such as pimples or redness, scattered on your skin and they itch or are tender.																												
	Skin problems that you did not have before such as pimples or redness all over your body, pain or swelling.																												
FEVER AND CHILLS		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28
	Your temperature is below 38,5°C or 101,3°F.																												
	Your temperature is above 38,5°C or 101,3°F.																												
	Your fever is accompanied by signs of infection (cough, sore throat, pain when you urinate) or a blood pressure drop, weakness and dizziness.																												
HIGH BLOOD PRESSURE		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28
	Resting blood pressure below 140/90 mmHg.																												
	Blood pressure above 140/90 mmHg over a short period of time or less than 24 hours.																												
	Blood pressure above 160/100 mmHg all or most of the time over a period of 24 hours.																												