



Information for
patients and
carers

**Advice for Managing Fever for
Patients taking Dabrafenib
and Trametenib**

A high temperature (a fever or pyrexia) is one of the common side effects when taking Dabrafenib and Trametinib tablets, which may be accompanied by symptoms such as chills, night sweat, or flu-like illness.

This leaflet will tell you what to do if you develop a fever and/or fever-related symptoms whilst on dabrafenib and trametinib.

When to take your temperature?

If you feel unwell, take your temperature from the armpit or mouth using a digital thermometer available from your local pharmacy. If your thermometer reads 38.0°C or higher, it's a fever.

When to contact?

Contact the oncology helpline (01772 523205) if you develop one or more of the following symptoms:

- Fever (38.0°C or higher)
- Chills or night sweats
- Flu-like symptoms

Ready to take action, if necessary

If this is your first episode of experiencing symptoms above whilst on Dabrafenib and Trametinib, you may be asked to attend hospital for further assessment to rule out an infection.

Your temperature recording and how you are feeling will determine what advice you will be given. You may be able to manage your symptoms at home with the following general advices.

- Over-the-counter antifever medications such as ibuprofen or paracetamol as directed on the label.
- Bathe or sponge in lukewarm water which may bring the temperature down. Do not use cold water
- Continue to monitor, and record your temperature, twice a day
- Wear light clothing and/ or use a light sheet when resting
- Avoid alcohol and drink plenty of fluids

Contact the helpline immediately if you have any of the following symptoms-

- Temperature of 40°C or higher
- Severe weakness or dizziness
- Stiff neck or trouble staying awake
- Severe stomach pain, vomiting repeatedly, or severe diarrhoea
- Difficulty with breathing, coughing or chest pain
- A fever that does not improve within 24 hours of taking antifever medications
- A fever that comes back

What should I do with my tablets?

If your temperature is below 38.0°C and you feel well otherwise, continue to take your tablets as prescribed. Monitor your temperature and contact the helpline if it worsens or does not settle.

If your temperature is 38.0°C or higher, **IMMEDIATELY** stop the Dabrafenib. (The tablet that is taken twice daily).

Continue with the Trametinib (the tablet that is taken once daily) unless you have been advised by your healthcare provider to stop this.

Once you have been symptom free for at least 24 hours restart the Dabrafenib.

It is helpful to keep a record of your temperature, symptoms and when you take the dabrafenib to show your doctor or nurse at the next clinic visit.

If your fever and other related symptoms of a fever return following recommencing the Dabrafenib, you **MUST** stop the dabrafenib and contact the oncology helpline for advice. A dose reduction may be required to reduce the severity of the side effect.

Contact details

Should you require further advice or information please contact
Oncology Helpline Number: 01772 523205

Sources of further information

www.lancsteachinghospitals.nhs.uk

www.nhs.uk

www.patient.co.uk

www.accessable.co.uk

All our patient information leaflets are available on our website for patients to access and download:

www.lancsteachinghospitals.nhs.uk/patient-information-leaflets

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If you want to stop smoking you can also contact the Quit Squad Freephone 0800 328 6297.

Please ask if you would like help in understanding this information. This information can be made available in large print and in other languages.

Gujarati:

આ માહિતીને સમજવામાં સહાયતા જોઈતી હોય તો કૃપા કરીને પૂછો. આ માહિતી મોટા છપાણામાં અને અન્ય ભાષામાં ઉપલબ્ધ કરી શકાય છે.

Romanian:

Vă rugăm să întrebați dacă aveți nevoie de ajutor pentru înțelegerea acestor informații. Aceste informații pot fi puse la dispoziție în format mare și în alte limbi.”

Polish:

Poinformuj nas, jeśli potrzebna jest ci pomoc w zrozumieniu tych informacji. Informacje te można również udostępnić dużym drukiem oraz w innych językach

Punjabi:

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਸਮਝਣ ਵੱਲ ਮਦਦ ਲੈਣੀ ਚਾਹੋਗੇ ਤਾਂ ਕਰਿਪਾ ਕਰਕੇ ਇਸ ਬਾਰੇ ਪੁੱਛੋ। ਇਹ ਜਾਣਕਾਰੀ ਵੱਡੇ ਪ੍ਰਿੰਟ ਅਤੇ ਹੋਰਨਾਂ ਭਾਸ਼ਾਵਾਂ ਵੱਲ ਮੁਹੱਈਆ ਕੀਤੀ ਜਾ ਸਕਦੀ ਹੈ।

Urdu:

دو سر ی زبانوں او ر بڑی اگر آپ کو ہی معلومات سمجھنے کے لیے مدد کی ضرورت ہے تو یی چھپا یں ییہ ابی دست ہو یسکت ہے برا ئے مہر یان پو ے یچھہ ی۔ معلومات

Arabic:

مطبو عة بأ ح ر ف ك ب س ر ة و بلغات إذا كنت تر يد مسا عة في فهم هذه لمعلوما ت يُر جى أن تطلب أخرى يملكن تو فسير هذه المعلوما ت

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