

HOW TO TAKE YOUR MEDICATION:

- Zelboraf is taken by mouth twice a day. Your dose is _____ tablets at a time.
- Cotellic is also taken by mouth, once a day. Your dose is _____ tablets at a time.
- You **DO NOT** take Cotellic the last 7 days of each 28-day cycle. (See the attached calendar for more information.)
- Both drugs can be taken with food or without food.
- The doses of the drugs may be lowered by your oncology team if you have a lot of side effects or other problems.

WHAT TO DO IF YOU MISS A DOSE:

- If you miss taking your Zelboraf dose and it is less than 4 hours until your next dose, **DON'T TAKE** the missed pills. If it is more than 4 hours until your next dose, take the dose.
- If you miss taking your Cotellic by more than 4 hours from the scheduled time, **DON'T TAKE** the missed pills. If it is within 4 hours of the scheduled time, take the dose.

Ways that can help you remember to take your pills: You can use the attached calendar, checking off each dose you take. You could also use a smartphone alarm, or put reminders on mirrors, doors, or your laptop. You can decide what works best for you.

Be sure to bring your calendar to your visits with your oncology team.

If you or your partner becomes pregnant: Tell your oncology team right away if you or your partner becomes pregnant or think you are pregnant while on these medications as they can harm a developing fetus. Be sure to use effective birth control if you are a woman of child-bearing age or a man who is sexually active.

Common side effects of this combination therapy:

Even small side effects could be serious and you should report ALL of them to your oncologist's office. The most common side effects of taking Cotellic/Zelboraf are...

- Diarrhea
- Fatigue
- Skin rash
- Nausea
- Vomiting
- Fever
- Joint aches and pains
- A skin reaction to sunlight

SIGNS OF AN ALLERGIC REACTION TO THE MEDICATIONS:

Stop taking your medications and get medical help immediately if you have any of these signs of a serious allergic reaction:

- A rash or redness all over your body
- Trouble breathing or swallowing
- Swelling of the face, lips, or tongue
- Tightness in the throat or a hoarse voice
- Feeling faint
- A fast heartbeat.

You may want to keep a notebook as your treatment diary and write down when you take your pills, how many pills you take, and if you have any side effects.

Be sure to bring this treatment diary to your visits with your oncology team.

IMPORTANT SIDE EFFECTS

Your oncology team may discuss some side effects of Cotellic/Zelboraf that can lead to serious problems if they aren't taken care of right away. These sections give information about possible symptoms, what you should tell your oncology team, when you should get medical help immediately, and any steps you can take to help ease the symptoms.