

Guidance for management of fever for patients on Dabrafenib and Trametinib

1. When to take your temperature

If you feel feverish or unwell, take your temperature using a digital thermometer available from your local pharmacy.

2. When to contact The Christie Hotline

Contact The Christie Hotline on **0161 446 3658** if your temperature is **38.0°C** or higher. Follow their advice.

3. Treat fever, if necessary

A temperature below **38.0°C** is considered a mild fever. No treatment is necessary for a mild fever unless you are uncomfortable.

If you are uncomfortable or if your temperature is between **38.0°C** and **40.0°C**:

- Take an over-the-counter medicine 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.
- Wear light clothing and use a light cover or sheet.
- Continue to monitor your temperature regularly (twice a day) and keep a record.
- **Drink plenty of liquids.**

4. Go to your local hospital emergency department IMMEDIATELY if you have any of the following:

- a temperature of **40.0°C** or more
- shaking, chills, severe weakness or severe dizziness
- stiff neck or trouble staying awake
- severe stomach pain, vomiting repeatedly, or severe diarrhoea
- severe sore throat
- difficulty with breathing, coughing or chest pain
- a fever that does not respond to over-the-counter medicines
- a fever that comes back.



5. What to do with your tablets

If your temperature is **38.0°C** or higher:

- Stop taking the dabrafenib (the tablet that is taken twice daily) until the fever goes away and talk to your doctor.
- Continue taking the trametinib (the tablet that is taken once daily) unless your hospital doctor gives you a different instruction.
- A short treatment break does not affect the overall anti-cancer effect.

If you need information in a different format, such as easy read, large print, BSL, braille, email, SMS text or other communication support, please tell your ward or clinic nurse.

We try to ensure that all our information given to patients is accurate, balanced and based on the most up-to-date scientific evidence. If you would like to have details about the sources used please contact patient.information@christie.nhs.uk

For information and advice visit the cancer information centres at Withington, Oldham or Salford. Opening times can vary, please check before making a special journey.

Contact The Christie Hotline for
urgent support and specialist advice
The Christie Hotline: 0161 446 3658
Open 24 hours a day, 7 days a week

