

## Management of fever for patients on Dabrafenib and Trametinib

### Other formats

If you need this information in another format such as audio CD, Braille, large print, high contrast, British Sign Language or translated into another language, please contact the PALS desk on 01271 314090 or at [ndht.pals@nhs.net](mailto:ndht.pals@nhs.net).

### When to take your temperature

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

### When to contact the Acute Oncology Service

If your temperature is 38.0°C or higher, please contact the Acute Oncology Service on 01271 311579 between 8am and 6pm Monday to Friday, and follow their advice.

If out of hours, call hospital switchboard on 01271 322577 and ask for Bleep 500.

### When to treat fever yourself

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

You can treat fever yourself 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.

## When to go to emergency department

Please go to your local hospital emergency department IMMEDIATELY if you have any of the following:

- a temperature of 40.0°C or more
- shakes, 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

## What to do with my cancer 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 contact Acute Oncology Service on the number above.
- 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.

### **PALS**

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern call 01271 314090 or email [ndht.pals@nhs.net](mailto:ndht.pals@nhs.net). You can also visit the PALS and Information Centre in person at North Devon District Hospital, Barnstaple.

## Have your say

Northern Devon Healthcare NHS Trust aims to provide high quality services. However, please tell us when something could be improved. If you have a comment or compliment about a service or treatment, please raise your comments with a member of staff or the PALS team in the first instance.

'Care Opinion' comments forms are on all wards or online at [www.careopinion.org.uk](http://www.careopinion.org.uk).

Northern Devon Healthcare NHS Trust  
Raleigh Park, Barnstaple  
Devon EX31 4JB  
Tel. 01271 322577  
[www.northdevonhealth.nhs.uk](http://www.northdevonhealth.nhs.uk)

© Northern Devon Healthcare NHS Trust  
This leaflet was designed by the Communications Department.  
Tel: 01271 313970 / email: [ndht.contactus@nhs.net](mailto:ndht.contactus@nhs.net)