

Selumetinib

Care Team Contact Information: _____

Pharmacy Contact Information: _____

Diagnosis: _____

- This treatment is often used for people with neurofibromatosis type 1 (NF1) who have plexiform neurofibromas.
- It may also be used for other reasons.

Goal of Treatment: _____

- Treatment may continue for a certain time period, until it no longer works, or until side effects are no longer controlled.

Treatment Regimen

Treatment Name	How the Treatment Works	How the Treatment is Given
Selumetinib (SEL-yoo-MEH-tih-nib): Koselugo (koh-SEL-yoo-goh)	Slows down or stops the growth of tumor cells by blocking a specific protein that helps them survive.	<ul style="list-style-type: none"> • Capsules taken by mouth. • Oral granules taken by mouth.

Treatment Administration and Schedule

Your selumetinib dosing instructions:

- Selumetinib comes in 2 capsule strengths (10 mg and 25 mg) and 2 oral granule strengths (5 mg and 7.5 mg).
- Your care team will decide on the right dose of selumetinib based on your or your child's weight or size (body surface area).
- Take or give selumetinib 2 times a day.
- If you or your child misses a dose of selumetinib capsules or oral granules, take or give the dose as soon as you remember, unless the next dose is due within 6 hours. If your scheduled dose is due within 6 hours, skip the dose and take or give the next dose at the regular time.
- If you or your child vomits after taking a dose of selumetinib capsules or oral granules, do not take an additional dose. Take the next dose at the regular scheduled time.
- If you take or give your child too much selumetinib, call your care team or go to the nearest hospital emergency room right away.

Selumetinib Capsules

- Take selumetinib capsules with or without food.
- Swallow selumetinib capsules whole. Do not open, chew, or crush the capsules.
- Tell your care team if you or your child has trouble swallowing capsules.

Selumetinib Oral Granules

- See the Instructions for Use for the instructions on how to prepare and take or give selumetinib oral granules.
- Prepare selumetinib oral granules by carefully opening the capsule and sprinkling all of the oral granules on a small amount (about 1 to 3 teaspoons) of smooth yogurt, or fruit puree containing the following fruits: apple, banana, pear, or strawberry.
- Take or give the selumetinib oral granules and food mixture within 30 minutes of preparing the dose.
- If the prepared dose of selumetinib oral granules and food mixture is not taken or given within 30 minutes, do not take or give the prepared dose. Throw away the mixture and prepare a new dose.
- If part of a dose is taken or given within 30 minutes of preparing, throw away the remainder of the mixture and do not prepare a new dose. Take or give the full dose within 30 minutes next time.
- The selumetinib oral granules should flow freely. Do not use if the oral granules are clumped or stuck inside the capsule shell. Contact your pharmacy if this happens.
- Throw away the empty capsule shells after use.
- Do not swallow, chew, or dissolve the capsule shells of selumetinib oral granules.
- Do not chew or crush the selumetinib oral granules. Do not add oral granules to liquids.
- Do not mix selumetinib oral granules with grapefruit or any juice, fruit puree, or jam containing Seville orange.

Storage and Handling of Selumetinib

- Store selumetinib capsules and oral granules at room temperature between 68°F and 77°F (20°C and 25°C).
- Do not store selumetinib oral granules above 86°F (30°C). Store selumetinib oral granules in the refrigerator between 36°F and 46°F (2°C and 8°C) if the temperature is above 86°F (30°C). Selumetinib oral granules may clump together or stick to the capsule shell if the medicine gets too hot, and you may not get your full dose.
- Keep selumetinib oral granules cold in a cooler bag with a cold pack if you need to take it anywhere.
- The bottle of selumetinib capsules and oral granules contains a desiccant packet to reduce moisture. Do not throw away the desiccant packet.
- Keep selumetinib in its original bottle to protect from light and moisture. Keep the bottle tightly closed.
- Keep selumetinib and all medicines out of the reach of children and pets.
- Ask your care team how to safely throw away any unused selumetinib.

Appointments

Appointments may include regular check-ups with your care team, lab visits, and imaging tests. It's important to keep your appointments whenever you can. If you miss any appointments, call your care provider as soon as possible to reschedule your appointment.

Supportive Care to Prevent and Treat Side Effects

Description	Supportive Care Taken at Home
To help prevent or treat nausea and vomiting	<hr/> <hr/> <hr/>
Other	<hr/> <hr/> <hr/>

Common Side Effects

Side Effect	Important Information
Low White Blood Cell (WBC) Count (Neutropenia) and Increased Risk of Infection	<p>Description: WBCs help protect your body from infections. A low WBC count increases your risk of getting infections.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> • Wash your hands often and bathe regularly. • Avoid crowded places and close contact with people who are sick. • Follow food safety and wound care advice from your care team. <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> • Fever of 100.4°F (38°C) or higher • Chills • New or worsening cough or sore throat • Painful urination or signs of a urinary infection • Feeling much more tired than usual • Red, swollen, warm, or painful areas on the skin (possible skin infection)
Fever	<p>Description: Fever related to selumetinib can occur as a side effect due to the drug's effects on the immune system and inflammatory responses. Symptoms often include a raised body temperature, chills, fatigue, and body aches.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> • Take your temperature with a thermometer if you feel you have a fever. • Your care team may recommend medicines for fever. <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> • Fever of 100.4°F (38°C) or higher • Fever lasting for more than 3 days • Any signs of infection, such as persistent cough, shortness of breath, or pain

<p>Low Red Blood Cell (RBC) Count and Hemoglobin (Hgb) (Anemia)</p>	<p>Description: RBCs and Hgb carry oxygen to your body’s tissues and remove carbon dioxide. Low RBC or Hgb (anemia) can make you feel weak, very tired, or look pale.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> • Aim for 7 to 8 hours of sleep each night. • Do not drive, operate heavy machinery, or do other dangerous activities if you are very tired. • Balance activity and rest — stay as active as you can, but rest when needed. • Eat a balanced diet and follow any nutrition or supplement advice from your care team. <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> • Shortness of breath • Dizziness or fainting • Fast or irregular heartbeats • Sudden or severe headache
<p>Mouth Sores or Irritation (Mucositis or Stomatitis)</p>	<p>Description: Treatment can irritate the lining of the mouth. In some cases, this can cause redness, sores, pain, and swelling.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> • Rinse your mouth after meals and at bedtime; rinse more often if sores develop. • Brush your teeth gently with a soft toothbrush or use a cotton swab after meals. • Use a mild, non-alcohol mouth rinse at least 4 times daily (after meals and at bedtime). Example: 1/8 teaspoon salt + 1/4 teaspoon baking soda in 8 oz warm water. • Avoid acidic, hot, spicy, rough, or crunchy foods and drinks that can irritate your mouth. • Avoid tobacco, alcohol, and alcohol-based mouthwash. • Your care team may prescribe medicines or mouth treatments to help with pain and healing. <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> • Painful mouth sores or throat pain • Trouble eating or significant weight loss

<p>Nausea and Vomiting</p>	<p>Description: Nausea is an uncomfortable feeling in your stomach or the need to throw up. You may or may not vomit.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> • Eat smaller, more frequent meals. • Avoid fatty, fried, spicy, or highly sweet foods. • Eat bland foods at room temperature and drink clear liquids. • If you vomit, start with small sips of water, broth, or other clear liquids. If these stay down, try soft foods (such as gelatin, plain cornstarch pudding, yogurt, strained soup, or strained cooked cereal) and gradually return to solid foods. • Your care team may prescribe medicine for these symptoms. <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> • Vomiting for more than 24 hours • Nonstop vomiting • Signs of dehydration (very thirsty, dry mouth, dizziness, or dark urine) • Blood or coffee-ground-like appearance in your vomit • Severe stomach pain that does not go away after vomiting
<p>Stomach-Area (Abdominal) Pain</p>	<p>Description: Abdominal pain is when you feel discomfort or pain in the belly area.</p> <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> • Severe abdominal pain
<p>Constipation</p>	<p>Description: Constipation means hard, dry stools or fewer bowel movements than normal. It can cause discomfort or pain.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> • Track how often you have bowel movements each day. • Drink 8 to 10 glasses of fluids daily, unless your care team says otherwise. • Stay active and exercise regularly. • Eat more high-fiber foods (such as raw fruits, vegetables, and whole grains) unless advised otherwise. • Your care team may recommend laxatives such as polyethylene glycol (Miralax) or senna. <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> • Constipation lasting 3 or more days • No bowel movement 48 hours after using a laxative

<p>Diarrhea</p>	<p>Description: Diarrhea is loose, watery stools or more frequent bowel movements than usual. It can cause dehydration and weakness.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> • Keep track of how often you go to the bathroom each day. • Drink 8 to 10 glasses of water or other fluids daily, unless your care team tells you otherwise. • Eat small meals of mild, low-fiber foods (such as bananas, applesauce, potatoes, chicken, rice, and toast). • If you have diarrhea, avoid high-fiber foods (such as raw vegetables, fruits, and whole grains), gas-producing foods (such as broccoli and beans), dairy (such as milk and yogurt), and spicy, fried, or greasy foods. • Your care team may recommend an antidiarrheal medicine such as loperamide (Imodium). <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> • 4 or more bowel movements than normal in 24 hours • Dizziness or lightheadedness while having diarrhea • Signs of dehydration (very thirsty, dry mouth, dizziness, or dark urine) • Bloody diarrhea
<p>High Amylase and Lipase Levels in Your Blood</p>	<p>Description: Treatment may cause high levels of amylase and lipase in your blood. This may indicate a problem with your pancreas. Your care team will do blood tests to check you for these changes and will treat you if needed.</p> <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> • Fever of 100.4°F (38°C) or higher • Fast heartbeat • Severe stomach-area (abdominal) pain that radiates to the back • Worsening pain after eating • Severe nausea or vomiting • Diarrhea • Yellowing of your skin or the white part of your eyes (jaundice)
<p>Liver Problems</p>	<p>Description: Treatment can cause liver injury. Your care team may check your liver with blood tests before and during treatment.</p> <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> • Yellowing of your skin or the white part of your eyes (jaundice) • Severe nausea or vomiting • Pain on the right side of your stomach area (abdomen) • Dark, tea-colored urine • Bleeding or bruising more easily than normal

<p>High Levels of Creatine Phosphokinase (CPK) in Your Blood and Muscle Problems</p>	<p>Description: Treatment with selumetinib may increase the level of an enzyme in your blood called creatine phosphokinase (CPK), which may be a sign of muscle damage. Your care team may perform a blood test to check your blood levels of CPK before and during treatment.</p> <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> • Muscle aches or pain • Muscle spasms and weakness • Dark, reddish urine
<p>Skin Problems</p>	<p>Description: Treatment can cause different types of rashes, such as flat patches, raised bumps, or acne-like spots. It may also cause blisters, skin peeling, or itching.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> • If you get a rash, keep the area clean and dry. • Check with your care team before using any treatments. • Do not use over-the-counter acne treatments like benzoyl peroxide or salicylic acid, or soaps with alcohol. • Wash with a mild, moisturizing soap, and avoid long, hot baths or showers. • After washing, pat your skin dry instead of rubbing. • Oatmeal baths and unscented moisturizers may relieve itching. • Sunlight can worsen symptoms, so avoid sun exposure whenever possible. • Wear long-sleeved clothing with ultraviolet (UV) protection if possible. • Use broad-brimmed hats for added protection. • Apply broad-spectrum sunscreen (UVA/UVB), with sun protective factor (SPF) 30 or higher, as directed. • Use lip balm with SPF 30 or higher. • Avoid tanning beds. • Your care team may recommend or prescribe medicine for rash. <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> • Painful or worsening rash • Rash that does not improve with treatment • Rash that covers a large area of your body • Blisters • Peeling skin

<p>Nail Problems</p>	<p>Description: Nails may become more brittle and thinner and could change color during treatment.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> • Keep your fingernails and toenails trimmed short. • Wear cotton gloves when working. When cleaning or washing dishes, use cotton-lined rubber gloves to keep your hands from becoming dry and irritated. Do not use unlined rubber gloves because they seal in sweat and irritate the skin. • Avoid manicures, pedicures and artificial nails, which may increase the risk of infection. • Do not bite your nails or pick at your cuticles. • Nail polish can help strengthen and may protect nails. To take off polish, use "oily" remover to prevent drying. • Soak your hands in natural oils (such as olive oil) to relieve dryness. • Wear loose-fitting shoes with cushioned cotton socks. <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> • Pain related to nail changes • Fingernails or toenails that separate from the nail bed
<p>Hair Loss (Alopecia)</p>	<p>Description: Hair loss or thinning may begin days to weeks after treatment starts and usually grows back later. New growth can be a different color or texture and may not look the same as before.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> • Consider a short haircut before treatment and use scarves, hats, or wigs for comfort and confidence. • Keep your head covered outdoors to protect it from the sun and cold; use sunscreen on your uncovered scalp. • Use gentle haircare: mild shampoo, soft brush, and avoid heat styling and harsh treatments. • Ask your care team about wig prescriptions or resources for head coverings. <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> • No hair regrowth months after treatment ends • Concern about hair changes or need help finding a wig or support resources

<p>Headache</p>	<p>Description: Headaches are pain in your head that can vary in intensity, frequency, and location.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> • Keep a headache diary to track the frequency, duration, intensity, and triggers of your headaches. • Stay hydrated by drinking plenty of water, as dehydration can contribute to headaches. • Apply a cold or warm compress to your forehead or neck to help ease headache pain. • Get adequate sleep (7 to 8 hours per night) and establish a regular sleep schedule. • Limit caffeine intake. • Your care team may recommend medicine for headaches. <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> • Severe headache • More frequent or worsening headaches • Dizziness or feeling faint • Confusion • Changes in vision
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Select Rare Side Effects

Side Effect	Talk to Your Care Team if You Have Any of These Signs or Symptoms
<p>Heart Problems</p>	<p>Selumetinib can lower the amount of blood pumped by your heart, which can be severe. Your care team will do tests before and during treatment with selumetinib to check how well your heart is working.</p> <ul style="list-style-type: none"> • Persistent coughing or wheezing • Shortness of breath • Swelling of your ankles and feet • Tiredness • Increased heart rate
<p>Eye Problems</p>	<p>Selumetinib can cause eye problems that may lead to blindness. Your care team will check your vision before and during treatment with selumetinib.</p> <ul style="list-style-type: none"> • Blurred vision • Loss of vision • Dark spots in your vision (floaters) • Other changes to your vision

**Before starting treatment, ask your care team when to call 9-1-1 or seek emergency help.
If you experience any new, worsening, or uncontrolled side effects, contact your care team immediately.**

Scan the QR code below to access this education sheet.



Important notice: The Association of Cancer Care Centers (ACCC), Hematology/Oncology Pharmacy Association (HOPA), Network for Collaborative Oncology Development & Advancement, Inc. (NCODA), and Oncology Nursing Society (ONS) have collaborated in gathering information for and developing this patient education guide. This guide represents a brief summary of the medication derived from information provided by the drug manufacturer and other resources.

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PES-228