

# Vemurafenib

**Care Team Contact Information:** \_\_\_\_\_

**Pharmacy Contact Information:** \_\_\_\_\_

**Diagnosis:** \_\_\_\_\_

- This treatment is often used for:
  - A type of skin cancer called melanoma
  - A type of blood cell cancer called Erdheim-Chester Disease (ECD)
- It may also be used for other reasons.
- Your care team will perform a test for an abnormal BRAF gene to make sure vemurafenib is right for you.

**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
Vemurafenib (VEH-myoo-RA-feh-nib): Zelboraf (ZEL-boh-raf)	Slows down or stops the growth of cancer cells by blocking a specific protein that helps them survive.	Tablets taken by mouth.

## Treatment Administration and Schedule

Your vemurafenib dosing instructions:

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- Vemurafenib comes in 1 tablet strength: 240 mg.
- Your dose might differ, but vemurafenib is typically taken as four 240 mg tablets (960 mg total dose) by mouth every 12 hours.
- Do not change your dose or stop taking vemurafenib unless your care team tells you to.
- Your care team may tell you to change your dose, temporarily stop, or completely stop taking vemurafenib if you develop certain side effects.
- Take vemurafenib with or without a meal.
- Do not crush or chew vemurafenib tablets.
- Do not take an additional dose of vemurafenib if you vomit after taking your scheduled dose. Take your next dose at your regular time.
- If you miss a dose of vemurafenib, take it as soon as you remember. If it is within 4 hours of your next scheduled dose, just take your next dose at your regular time. Do not make up for the missed dose.
- If you take too much vemurafenib, call your care team or go to the nearest hospital emergency room right away.

## Storage and Handling of Vemurafenib

- Store vemurafenib at room temperature between 68°F and 77°F (20°C and 25°C).
- Store vemurafenib in the original container with the lid tightly closed.
- People who are or may be pregnant should wear gloves when handling vemurafenib.
- Keep vemurafenib and all medicines out of the reach of children and pets.
- Ask your care team how to safely throw away any unused vemurafenib.

**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/> <hr/>
To help prevent hand-foot skin reaction (HFSR)	<hr/> <hr/> <hr/> <hr/>
Other	<hr/> <hr/> <hr/> <hr/>

Common Side Effects

Side Effect	Important Information
Fatigue	<p>Description: Fatigue is a constant and sometimes strong feeling of tiredness.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> <li>• Routine exercise can help reduce fatigue. Talk with your care team to find the right type and amount of activity for you.</li> <li>• Ask family and friends for help with daily tasks and for emotional support.</li> <li>• Try healthy ways to feel better, such as meditation, journaling, yoga, or guided imagery, to reduce anxiety and improve well-being.</li> <li>• Aim for 7 to 8 hours of sleep each night. Limit daytime naps to help you sleep better at night.</li> <li>• Do not drive, operate heavy machinery, or do other potentially dangerous activities if you are very tired.</li> </ul> <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> <li>• Tiredness that affects your daily life or prevents you from doing normal activities</li> <li>• Tiredness that does not get better with rest</li> <li>• Dizziness or weakness along with severe tiredness</li> </ul>
Changes in the Electrical Activity of Your Heart called QT Prolongation	<p>Description: QT prolongation is a serious, but common side effect that can cause irregular heartbeats that can be life-threatening or lead to death.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> <li>• Your care team will check the electrical activity of your heart with a test called an electrocardiogram (ECG) before and during treatment.</li> <li>• Your care team will also do blood tests to check your potassium and magnesium levels before and during treatment.</li> </ul> <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> <li>• Dizziness or fainting</li> <li>• Irregular or fast heartbeats</li> </ul>
High Blood Pressure (Hypertension)	<p>Description: High blood pressure means the force of blood against your artery walls is too high. Treatment can raise your blood pressure or make it harder to control.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> <li>• Exercise regularly, control your weight, and limit alcohol and salt (sodium).</li> <li>• Take blood pressure medicines as prescribed. Your care team may change your medicines if needed.</li> <li>• Your care team may ask you to check and record your blood pressure at home. Bring readings to appointments.</li> <li>• Follow diet and lifestyle advice from your care team.</li> </ul> <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> <li>• Severe or new headaches</li> <li>• Dizziness or lightheadedness</li> <li>• Blurred vision</li> <li>• Trouble breathing</li> <li>• Nosebleeds that do not stop</li> <li>• A pounding sensation in your chest, neck, or ears</li> <li>• Irregular or fast heartbeats</li> <li>• Chest pain or pressure</li> </ul>

<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"> <li>• Keep track of how often you go to the bathroom each day.</li> <li>• Drink 8 to 10 glasses of water or other fluids daily, unless your care team tells you otherwise.</li> <li>• Eat small meals of mild, low-fiber foods (such as bananas, applesauce, potatoes, chicken, rice, and toast).</li> <li>• 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.</li> <li>• Your care team may recommend an antidiarrheal medicine such as loperamide (Imodium).</li> </ul> <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> <li>• 4 or more bowel movements than normal in 24 hours</li> <li>• Dizziness or lightheadedness while having diarrhea</li> <li>• Signs of dehydration (very thirsty, dry mouth, dizziness, or dark urine)</li> <li>• Bloody diarrhea</li> </ul>
<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"> <li>• Eat smaller, more frequent meals.</li> <li>• Avoid fatty, fried, spicy, or highly sweet foods.</li> <li>• Eat bland foods at room temperature and drink clear liquids.</li> <li>• 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.</li> <li>• Your care team may prescribe medicine for these symptoms.</li> </ul> <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> <li>• Vomiting for more than 24 hours</li> <li>• Nonstop vomiting</li> <li>• Signs of dehydration (very thirsty, dry mouth, dizziness, or dark urine)</li> <li>• Blood or coffee-ground-like appearance in your vomit</li> <li>• Severe stomach pain that does not go away after vomiting</li> </ul>
<p>Cough</p>	<p>Description: A cough is a reflex action that forcefully expels air from the lungs to clear the airways of irritants or mucus.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> <li>• Tell your care team what your cough feels like and when it happens.</li> <li>• Use a humidifier and drink plenty of water.</li> <li>• Keep your house clean by dusting and vacuuming regularly</li> <li>• Avoid exposure to smoke or strong chemicals.</li> <li>• Your care team may recommend medicine for cough.</li> </ul> <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> <li>• Trouble breathing</li> <li>• Chest pain or tightness</li> <li>• Coughing up blood</li> </ul>

<p>Numbness, Tingling, or Burning in Your Hands or Feet (Peripheral Neuropathy)</p>	<p>Description: Nerve pain and tingling are uncomfortable sensations from nerve damage or irritation. Pain may be sharp, burning, or deep. Tingling can feel like pins and needles or mild electric shocks, often in the hands, feet, arms, or legs.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> <li>• Keep a daily log of pain and sensations, noting triggers and what helps or makes it worse.</li> <li>• Check your feet every day for cuts, sores, blisters, or color changes, especially if numbness reduces feeling.</li> <li>• Wear comfortable, well-fitting shoes and avoid walking barefoot if sensation is reduced.</li> <li>• Protect hands and feet from extreme heat or cold.</li> <li>• Your care team may recommend or prescribe medicines, topical treatments, physical therapy, or supplements to help with symptoms.</li> </ul> <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> <li>• New or worsening “pins and needles”, burning, or numbness in your hands or feet</li> <li>• Trouble moving your arms or legs, or weakness</li> <li>• Problems with balance or frequent falls</li> </ul>
<p>Muscle or Joint Pain</p>	<p>Description: Muscle pain is soreness, aching, cramps, stiffness, tenderness, or weakness in one or more muscles. Joint pain is pain, stiffness, swelling, or reduced movement where two bones meet.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> <li>• Keep a pain diary: note pain levels, locations, and activities that make it better or worse.</li> <li>• Do gentle exercise (walking, stretching, yoga) to maintain mobility and strength. Check with your care team before starting a new activity.</li> <li>• Use a warm compress for stiff muscles or a cold pack to reduce swelling and numb pain—use what helps the area.</li> <li>• Your care team may recommend or prescribe medicines, including over-the-counter pain relievers.</li> </ul> <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> <li>• Pain you cannot control with usual measures</li> <li>• Swelling, redness, or warmth in a joint</li> <li>• New weakness</li> <li>• Trouble walking or moving</li> </ul>

<p>Hand-Foot Skin Reaction (HFSR)</p>	<p>Description: HFSR causes dryness, thickening, calluses, blisters, or cracking of the skin on the palms of your hands and soles of your feet. HFSR can lead to a loss of fingerprints, which could impact your identification.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> <li>• Keep hands and feet moisturized with a non-scented moisturizing cream.</li> <li>• Applying urea 10% or 20% cream twice daily to the affected area may be helpful.</li> <li>• Avoid exposure to hot water on the hands and feet in showers or baths, or when doing dishes, as this may dry out the skin.</li> <li>• Avoid tight-fitting shoes or socks.</li> <li>• Avoid excessive rubbing of hands and feet unless applying lotion.</li> <li>• Wear gloves when working with your hands.</li> </ul> <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> <li>• Painful blisters or calluses on your hands or feet</li> </ul>
<p>Skin Problems and Sensitivity to Sunlight (Photosensitivity)</p>	<p>Description: Rash or itchy skin can cause redness, swelling, and a variety of bumps or patches (small red spots, welts, blisters, or scaly dry areas). You may also develop new warts. Vemurafenib can also cause your skin to be more reactive or sensitive to sunlight than usual. This can lead to conditions such as sunburn, rashes, or other skin problems, even after brief exposure.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> <li>• Keep your skin moisturized with creams or lotions to reduce rash and itchiness.</li> <li>• Wear loose-fitting clothing.</li> <li>• Avoid perfumes and colognes, as they may worsen rash symptoms.</li> <li>• Limit time spent in the heat to prevent worsening symptoms.</li> <li>• Avoid sun exposure, especially between 10 AM and 4 PM, to lower the risk of sunburn.</li> <li>• Wear long-sleeved clothing with ultraviolet (UV) protection and broad-brimmed hats.</li> <li>• Apply broad-spectrum sunscreen (UVA/UVB) with sun protective factor (SPF) 30 or higher as directed.</li> <li>• Use lip balm with SPF 30 or higher.</li> <li>• Avoid tanning beds.</li> <li>• Check your skin regularly for any skin changes.</li> <li>• Your care team may recommend medicines for symptoms.</li> </ul> <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> <li>• Rash or itching that continues to worsen</li> <li>• Severe or painful sunburns</li> <li>• New wart</li> <li>• Skin sore or reddish bump that bleeds or does not heal</li> <li>• Change in size or color of a mole</li> </ul>

<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"> <li>• Consider a short haircut before treatment and use scarves, hats, or wigs for comfort and confidence.</li> <li>• Keep your head covered outdoors to protect it from the sun and cold; use sunscreen on your uncovered scalp.</li> <li>• Use gentle haircare: mild shampoo, soft brush, and avoid heat styling and harsh treatments.</li> <li>• Ask your care team about wig prescriptions or resources for head coverings.</li> </ul> <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> <li>• No hair regrowth months after treatment ends</li> <li>• Concern about hair changes or need help finding a wig or support resources</li> </ul>
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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>Allergic Reactions, Including Anaphylaxis</p>	<p>Get emergency medical help right away if you develop any of the following signs or symptoms:</p> <ul style="list-style-type: none"> <li>• Swelling of your lips, mouth, tongue, or throat</li> <li>• Trouble breathing or swallowing</li> <li>• Raised red areas on your skin (hives)</li> <li>• A very fast heartbeat</li> <li>• You feel dizzy or faint</li> </ul>
<p>Liver Problems</p>	<ul style="list-style-type: none"> <li>• Yellowing of your skin or the white part of your eyes (jaundice)</li> <li>• Severe nausea or vomiting</li> <li>• Pain on the right side of your stomach area (abdomen)</li> <li>• Dark, tea-colored urine</li> <li>• Bleeding or bruising more easily than normal</li> </ul>
<p>Pancreas Problems</p>	<ul style="list-style-type: none"> <li>• Upper stomach pain that may spread to your back and get worse with eating</li> <li>• Weight loss</li> <li>• Nausea or vomiting</li> </ul>
<p>Kidney Problems</p>	<ul style="list-style-type: none"> <li>• Decrease in your amount of urine</li> <li>• Blood in your urine</li> <li>• Swelling of your ankles</li> <li>• Loss of appetite</li> </ul>
<p>Eye Problems</p>	<ul style="list-style-type: none"> <li>• Dry or red eyes</li> <li>• Eye pain or swelling</li> <li>• Vision changes</li> <li>• Increased tears</li> <li>• Sensitivity to light</li> <li>• Blurred vision</li> </ul>
<p>Risk of New Cancers</p>	<p>There is a risk of developing new cancers during or after treatment. Talk with your care team about this risk, and ask about the signs and symptoms of new cancers.</p>

**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.**

### Intimacy, Pregnancy, and Breastfeeding

- Treatment may **change how you feel about intimacy and your body**. However, physical closeness—such as holding hands and hugging—remains safe. It is common to have questions about intimacy. If needed, talk to your care team for guidance.
- Treatment may **harm an unborn baby**.
  - If you are able to become pregnant, take a pregnancy test before starting treatment.
  - Use an effective method of birth control during treatment and for 2 weeks after your last dose of vemurafenib.
  - If you think you might be pregnant or if you become pregnant, tell your care team right away.
  - If your partner is able to become pregnant, use an effective method of birth control—such as condoms—during treatment with vemurafenib.
- **Do NOT breastfeed** during treatment and for 2 weeks after your last dose of vemurafenib.

### Additional Information

- **Tell your care team about all the medicines you take.**  
This includes prescriptions, over-the-counter drugs, vitamins, and herbal products. Before starting any new medicine, supplement, or vaccine, ask your care team first.
- **Worsening side effects from radiation treatment.**  
Tell your care team if you have had or are planning to receive radiation therapy.
- **This Patient Education Sheet may not describe all possible side effects.**  
Call your care team for medical advice about side effects. You may report side effects to the FDA at 1-800-FDA-1088.

### Notes

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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.

This guide does not cover all existing information related to the possible uses, directions, doses, precautions, warnings, interactions, adverse effects, or risks associated with this medication and should not substitute for the advice of a qualified healthcare professional. Provision of this guide is for informational purposes only and does not constitute or imply endorsement, recommendation, or favoring of this medication by ACCC, HOPA, NCODA, or ONS, who assume no liability for and cannot ensure the accuracy of the information presented. All decisions related to taking this medication should be made with the guidance and under the direction of a qualified healthcare professional.

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