

BC Cancer Agency

For the Patient: Mesna for injection / Mesna injection solution for oral use

Other names: UROMITEXAN®

- Mesna (mes' na) is a drug that is used to protect your bladder from the harmful
 effects of some types of chemotherapy. It is a clear liquid that is injected into a vein
 or taken by mouth.
- Tell your doctor if you have ever had an unusual or allergic reaction to mesna or other sulfhydryl (thiol) type medications (e.g., acetylcysteine (MUCOMYST®), captopril (CAPOTEN®), glutathione, penicillamine (CUPRIMINE®) before taking or receiving mesna.
- Your doctor may tell you to drink plenty of fluids so that you will pass more urine.
 This will help prevent kidney and bladder problems. Empty your bladder frequently:
 every 2 hours while you are awake and at bedtime for at least 24 hours after your
 chemotherapy. Your doctor may also tell you to get up in the night to empty your
 bladder.
- The drinking of alcohol (in small amounts) does not appear to affect the safety or usefulness of mesna.
- **Tell** doctors, dentists, and other health professionals that you are being treated with mesna before you receive any treatment from them.
- **For diabetics:** If you usually test your urine for ketones you may get a false positive result while you are taking mesna. Discuss positive results with a health professional before changing any of your medications.
- If you are going to take mesna by mouth at home:
 - It is important to take it **exactly as directed** by your doctor. Make sure you understand the directions. You will need to make note of the time you received your chemotherapy that day.
 - You may take mesna with food or on an empty stomach.
 - **Dilute** each dose of mesna in a small glass of milk, juice, or carbonated beverage, immediately before you take it. This helps to cover the unpleasant taste. Be sure to finish the entire dose.
 - If you **vomit** the dose of mesna within 2 hours of taking it, check with your doctor. The dose may need to be repeated, or an injection given in its place.
 - **Store** mesna out of the reach of children. If you are provided with pre-measured doses in oral syringes, store them in the refrigerator. If you are provided with vials, store them at room temperature.

BC Cancer Agency Cancer Drug Manual[®] Developed: September 1994 Revised: November 2007 Side effects are listed in the following table in the order in which they may occur. Tips to help manage the side effects are included.

SIDE EFFECTS	MANAGEMENT
Mesna burns if it leaks under the skin.	Tell your nurse or doctor <i>immediately</i> if you feel burning, stinging, or any other change while the drug is being given.
Pain or tenderness may occur where the needle was placed.	Apply cool compresses or soak in cool water for 15-20 minutes several times a day.
Upset stomach, nausea, and vomiting may occur after your treatment and may last for several hours.	You will be given a prescription for antinausea drug(s) to take before your chemotherapy treatment and/or at home. It is easier to prevent nausea than treat it once it has occurred, so follow directions closely. • Drink plenty of fluids. • Eat and drink often in small amounts. • Try the ideas in Food Choices to Help Control Nausea.*
Diarrhea or soft stools may sometimes occur.	 If diarrhea is a problem: Drink plenty of fluids. Eat and drink often in small amounts. Avoid high fibre foods as outlined in Food Ideas to Help with Diarrhea During Chemotherapy.*
Tiredness , generalized weakness and lack of energy may sometimes occur.	 Do not drive a car or operate machinery if you are feeling tired. Try the ideas in Your Bank of Energy Savings: How People with Cancer Can Handle Fatigue.*

^{*}Please ask your chemotherapy nurse or pharmacist for a copy.

BC Cancer Agency Cancer Drug Manual[®] Developed: September 1994 Revised: November 2007

STOP TAKING MESNA AND SEE YOUR DOCTOR OR GET EMERGENCY HELP IMMEDIATELY IF YOU HAVE:

- Signs of bleeding problems such as black, tarry stools; blood in urine; pinpoint red spots on skin; extensive bruising.
- Signs of an allergic reaction (rare) soon after a treatment including dizziness, fast heart beat, face swelling, or breathing problems.
- Signs of heart or lung problems such as fast or uneven heartbeat, chest pain, chest pressure, shortness of breath or difficulty in breathing, swelling of ankles, or fainting.

SEE YOUR DOCTOR AS SOON AS POSSIBLE (DURING OFFICE HOURS) IF YOU HAVE:

• Signs of **bladder problems** such as changes in urination, painful burning sensation, presence of blood, or abdominal pain.

REPORT ADDITIONAL PROBLEMS TO YOUR DOCTOR

CHECK WITH YOUR DOCTOR IF ANY OF THE FOLLOWING CONTINUE OR BOTHER YOU:

- Uncontrolled nausea, vomiting, constipation, or diarrhea.
- Redness, swelling, pain, or sores where the needle was placed.

KEI OKI ADDINOME I KODELIMO IO IOOK DOOLOK		

BC Cancer Agency Cancer Drug Manual[©] Developed: September 1994 Revised: November 2007