



For the Patient: Bendamustine
Other names: TREANDA®

- **Bendamustine** (ben" da mus' teen) is a drug that is used to treat some types of cancer (lymphoma). It is a clear liquid that is injected into a vein.
- Tell your doctor if you have ever had an unusual or **allergic reaction** to bendamustine or mechlorethamine before receiving bendamustine.
- A **blood test** may be taken before each treatment. The dose and timing of your chemotherapy may be changed based on the test results and/or other side effects.
- Other drugs may **interact** with bendamustine. Check with your doctor or pharmacist before you start or stop taking any other drugs.
- The **drinking of alcohol** (in small amounts) does not appear to affect the safety or usefulness of bendamustine.
- Bendamustine may cause **sterility** in men. If you plan to have children, discuss this with your doctor before being treated with bendamustine.
- Bendamustine may damage sperm and may harm the baby if used during pregnancy. It is best for women and men of childbearing potential to use **birth control** while being treated with bendamustine, starting two weeks prior to the first dose and continuing for four weeks after the last dose. Tell your doctor right away if you or your partner becomes pregnant. Do not breastfeed during treatment.
- **Tell** doctors, dentists, and other health professionals that you are being treated with bendamustine before you receive any treatment from them.

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 |
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| <p>Allergic reactions may rarely occur. Signs of an allergic reaction may include flushing, rash, itching, dizziness, swelling or breathing problems. This can occur immediately or several hours after receiving bendamustine.</p> | <p>Tell your nurse if this happens while you are receiving bendamustine or contact your oncologist immediately if this happens after you leave the clinic.</p> |

| SIDE EFFECTS | MANAGEMENT |
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| Bendamustine burns if it leaks under the skin. | Tell your nurse or doctor immediately 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. |
| Nausea and vomiting may occur after your treatment. | 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. <ul style="list-style-type: none"> • Drink plenty of fluids. • Eat and drink often in small amounts. • Try the ideas in <i>Food Choices to Help Control Nausea</i>.* |
| Skin rashes may sometimes occur and rarely may be severe. | <ul style="list-style-type: none"> • If rash is accompanied by signs of an allergic reaction such as flushing, dizziness, swelling, or breathing problems, call your doctor immediately. • If rash gets worse or itching is very irritating, call your doctor. Otherwise, be sure to mention it at your next visit. |
| Fever and chills may occur shortly after treatment with bendamustine. Fever should last no longer than 24 hours. | <ul style="list-style-type: none"> • Take acetaminophen (e.g., TYLENOL®) every 4-6 hours, to a maximum of 4 g (4000 mg) per day. • Fever (over 100°F or 38°C by an oral thermometer) which occurs more than a few days after treatment may be a sign of an infection. Report this to your doctor immediately. |
| Diarrhea may sometimes occur. | If diarrhea is a problem: <ul style="list-style-type: none"> • Drink plenty of fluids. • Eat and drink often in small amounts. • Avoid high fibre foods as outlined in <i>Food Ideas to Help Manage Diarrhea</i>.* |
| Constipation may sometimes occur. | <ul style="list-style-type: none"> • Exercise if you can. • Drink plenty of fluids. • Try ideas in <i>Suggestions for Dealing with Constipation</i>.* |

| SIDE EFFECTS | MANAGEMENT |
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| <p>Your white blood cells may decrease 2 to 3 weeks after your treatment. They usually return to normal before your next treatment. White blood cells protect your body by fighting bacteria (germs) that cause infection. When they are low, you are at greater risk of having an infection.</p> | <p>To help prevent infection:</p> <ul style="list-style-type: none"> • Wash your hands often and always after using the bathroom. • Avoid crowds and people who are sick. • Call your doctor immediately at the first sign of an infection such as fever (over 100°F or 38°C by an oral thermometer), chills, cough, or burning when you pass urine. |
| <p>Your platelets may decrease 2 to 3 weeks after your treatment. They usually return to normal before your next treatment. Platelets help to make your blood clot when you hurt yourself. You may bruise or bleed more easily than usual.</p> | <p>To help prevent bleeding problems:</p> <ul style="list-style-type: none"> • Try not to bruise, cut, or burn yourself. • Clean your nose by blowing gently. Do not pick your nose. • Avoid constipation. • Brush your teeth gently with a soft toothbrush as your gums may bleed more easily. Maintain good oral hygiene. <p>Some medications such as ASA (e.g., ASPIRIN®) or ibuprofen (e.g., ADVIL®) may increase your risk of bleeding.</p> <ul style="list-style-type: none"> • Do not stop taking any medication that has been prescribed by your doctor (e.g., ASA for your heart). • For minor pain, try acetaminophen (e.g., TYLENOL®) first, to a maximum of 4 g (4000 mg) per day, but occasional use of ibuprofen may be acceptable. |
| <p>Sore mouth may sometimes occur a few days after treatment. Mouth sores can occur on the tongue, the sides of the mouth, or in the throat. Mouth sores or bleeding gums can lead to an infection.</p> | <ul style="list-style-type: none"> • Brush your teeth gently after eating and at bedtime with a very soft toothbrush. If your gums bleed, use gauze instead of a brush. Use baking soda instead of toothpaste. • Make a mouthwash with ½ teaspoon baking soda or salt in 1 cup warm water and rinse several times a day. • Try the ideas in <i>Food Ideas to Try with a Sore Mouth</i>.* • If your mouth is very sore or you have trouble eating, call your doctor. Otherwise, be sure to mention it at your next visit. |

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| Headache may sometimes occur. | Take acetaminophen (e.g., TYLENOL®) every 4-6 hours if needed, to a maximum of 4 g (4000 mg) per day. |
| Muscle or joint pain or other pain may sometimes occur. | Take acetaminophen (e.g., TYLENOL®) every 4-6 hours to a maximum of 4 g (4000 mg) per day for mild to moderate pain. Tell your doctor if the pain interferes with your activity. |
| Sugar control may rarely be affected in diabetics. | Check your blood sugar regularly if you are diabetic. |
| You may sometimes have trouble sleeping . | <ul style="list-style-type: none"> • Talk to your doctor if you continue to have trouble sleeping. • This will return to normal when you stop receiving bendamustine. |
| Taste alteration may rarely occur. | Try the ideas in <i>Food Ideas to Cope with Taste and Smell Changes</i> .* |
| Loss of appetite and weight loss sometimes occur. | Try the ideas in <i>Food Ideas to Help with Decreased Appetite</i> .* |
| Tiredness and lack of energy may sometimes occur. | <ul style="list-style-type: none"> • Do not drive a car or operate machinery if you are feeling tired. • Try the ideas in <i>Your Bank to Energy Savings: Helping People with Cancer Handle Fatigue</i>.* |
| Hair loss does not occur with bendamustine. | |

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

SEE YOUR DOCTOR OR GET EMERGENCY HELP IMMEDIATELY IF YOU HAVE:

- Signs of an **infection** such as fever (over 100°F or 38°C by an oral thermometer), shaking chills; severe sore throat, productive cough (coughing up thick or green sputum); cloudy or foul smelling urine; painful, tender, or swollen red skin wounds or sores.
- 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 **serious high blood pressure** such as chest pain, shortness of breath or difficulty in breathing, severe headache with confusion or blurred vision, seizures, or fainting.

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

- Signs of **anemia** such as unusual tiredness, weakness, or feelings of lightheadedness.
- Signs of **liver problems** such as yellow eyes or skin, white or clay-coloured stools.
- Signs of **kidney problems** such as lower back or side pain, swelling of feet or lower legs, or you urinate less often than normal.
- **Skin rash** or **itching** that seems to be getting worse.
- Increased **sore throat** or **mouth** that makes it difficult to swallow comfortably.

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

- Uncontrolled nausea, vomiting, or diarrhea.
- Headache not controlled with acetaminophen (e.g., **TYLENOL®**).
- Easy bruising or minor bleeding.
- Redness, swelling, pain, or sores where the needle was placed.
- Redness, swelling, pain, or sores on your lips, tongue, mouth, or throat.
- Skin rash or itching.
- For diabetics: uncontrolled blood sugars.

REPORT ADDITIONAL PROBLEMS TO YOUR DOCTOR
