

Warning

This fact sheet aims to let you know the side effects most commonly seen following the administration of your treatment. Please note that when you take any medication, there is a possibility that it causes rare side effects and it is difficult to predict which patients will be affected.

General Information for Patients Bendamustine

Date: June 14th, 2013

Revision date: May 2016

Medication	Administration
Bendamustine	Intravenous infusion over 30 minutes on day 1 and day 2
<i>Cycle repeated every 4 weeks</i>	

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General Information associated with your treatment

- › Bendamustine is used to prevent the multiplication of abnormal cells and destroy them.
- › A **blood test** will be done before every treatment. Depending on its results and side effects, the dose of the medication might be adjusted or the treatment might be delayed.
- › You may experience **fatigue** during your treatments. This is usually only temporary and may be related to different reasons (medication, stress, the disease) Maintain a good level of activity but rest when you feel the need to.
- › Your **appetite may diminish**. Eat more often, in smaller quantities.
- › Your **sense of taste may be altered**. Enhance foods with *finer herbs* or lemon juice. Eating fruits, chewing non-sugared gums, etc., may mask the metallic taste.
- › Consumption of **alcohol** (in small quantities) is permitted and will not affect the efficacy of the treatments.
- › You can have an **active sexual** life during your treatments. However, a decrease in your sexual drive may occur during this period. This may also be influenced by various factors (fatigue, stress etc.).
- › For **male patients**, the sperm count may be affected and negative effects on the embryo may happen. In fact, the production of spermatozooids may be reduced or completely absent during treatments. In certain patients, this reduction of fertility may be permanent, may get better or return to normal after the treatments have stopped. This reduction of **fertility** does not prevent erection or sexual activity. It is recommended that an effective method of contraception be used.
- › For the **pre-menopausal female patients**, chemotherapy may cause irregularities or cessation of the menstrual cycle during treatments. After stopping chemotherapy, the menstrual cycle may restart or return to normal. It may also stop permanently. However, a pregnancy remains possible and a method of **contraception** is strongly recommended during treatments. Chemotherapy administered during pregnancy may harm the embryo. Breast-feeding is contra-indicated during treatment.
- › Consult your doctor or pharmacist before you take other medications (even over the counter medications available without a prescription) or natural products. These may provoke an interaction with your treatment and diminish its efficacy or increase side effects.
- › Follow the instructions given by your cancer center about the right way to handle and dispose of body fluids (for example urine, stools) in order to protect the environment and your relatives.
- › Be sure to always have at hand the complete list of your medications, dietary supplements, vitamins and other **natural health products**. Give it to your doctor and your pharmacist. It is important to make them aware of any change.

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Adverse effects and their management

Adverse effects	Management
Significant nausea and vomiting may occur mainly on the same day and the day following your treatment.	<ul style="list-style-type: none">› You will be prescribed medication to prevent nausea to be taken prior to treatment. After the treatment, at home, you may have to take medication regularly and as needed for 1 or 2 days, depending on your need.› Communicate with a member of your healthcare team if you have nausea or vomiting that is not relieved by medication.
Usually there is no hair loss with this treatment.	
A decrease in the white blood cells will occur about 2 to 3 weeks following treatment. You may be at higher risk of infections during this period.	<ul style="list-style-type: none">› Wash your hands often.› Avoid coming in contact with people who have contagious diseases.› Quickly contact a member of your healthcare team if you notice any sign of infection (fever, chills, cough, sore throat, pain while you urinate...).› Consult your doctor or go immediately to the Emergency Room if you have a fever of 38,3 °C (101 °F) once or 38 °C (100.4 °F) twice one hour apart.› In case of fever, do not take acetaminophen (ex.: Tylenol®, Atasol®) and anti-inflammatory medication (ex.: Motrin®, Advil®).
A decrease in platelets will occur about 2 to 3 weeks following your treatment. You may bruise or bleed more easily than you normally do.	<ul style="list-style-type: none">› Use a tooth brush with soft bristles.› Check with your pharmacist before taking medications with Aspirin®, ibuprofen or other anti-inflammatory drugs.› Contact a member of your healthcare team if you bruise more easily than you normally do or if you have a tendency to bleed easily from the nose or the gums.
You may experience infusion-related reactions such as fever, chills, itchiness or redness.	<ul style="list-style-type: none">› Notify the nurse immediately if you experience these symptoms upon intravenous perfusion. Medication can be given to alleviate these symptoms.

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Fever may occur a few hours following your treatment.	<ul style="list-style-type: none">› If these symptoms bother you, your doctor or pharmacist may recommend a pain killer such as acetaminophen (Tylenol®, Atasol®).› Fever occurring more than 24 hours after your treatment may be a sign of infection. Consult immediately your doctor or go to the Emergency Room.
Rarely, severe skin rash (redness, pimples, itchiness) may occur on the days following your treatment.	<ul style="list-style-type: none">› Consult a member of your healthcare team as soon as possible.
During your treatment, you may experience some pain, irritation, swelling or a burning sensation at the injection site.	<ul style="list-style-type: none">› Notify your nurse immediately if you feel any of these symptoms during treatment.

Pharmacist : _____

Phone: _____

From _____ AM to _____ PM (Monday to Friday)