Bendamustine (Treanda®)
(“ben dah MUSS steen”)

How this drug is given: injection into the vein (IV)

Purpose: to kill cancer cells in chronic lymphocytic leukemia, non-Hodgkin lymphoma, and other cancers

Things that may occur during or within hours after each treatment

- You may have nausea, vomiting, and/or loss of appetite. Nausea and vomiting may begin soon after the drug is given and may last more than 24 hours. You may be given medication to help with this.

Things that may occur days to weeks after drug is given

1. Your blood cell counts may drop. This is known as bone marrow suppression. This includes a decrease in your:
   - Red blood cells, which carry oxygen in your body to help give you energy
   - White blood cells, which fight infection in your body
   - Platelets, which help clot the blood to stop bleeding

   This may happen 7 to 14 days after the drug is given and then blood counts should return to normal. If you have a fever of 100.5°F (38°C) or higher, chills, a cough, or any bleeding problems, tell your doctor or nurse right away.

2. You may lose some feeling, or have tingling or burning in your hands and/or feet. This is called peripheral neuropathy. This may increase with continued treatment. Please tell your doctor or nurse if you have trouble buttoning your clothes. Peripheral neuropathy should get better over time when the drug is stopped.

3. Skin changes such as dryness, rash or darkening of skin color can occur on the body. There may be redness and pain over areas where you have gotten radiation therapy. Sunlight may cause your skin to burn easier, so use a sunscreen of SPF 30 or greater when you go outside. Do not go to tanning booths.

4. Some patients may feel very tired, also known as fatigue. You may need to rest or take naps more often. Mild to moderate exercise can also be helpful in maintaining your energy.
5. If you develop a new or worsening cough or shortness of breath, report this to your doctor or nurse.

6. You may get a headache. Please talk to your doctor or nurse about what you can take for this.

7. You may get mouth sores 7 to 10 days after this drug is given. It is important to keep your mouth clean. A soft-bristle toothbrush should be used for brushing your teeth. You may have a burning feeling and redness inside the mouth or on the lips. Use a **baking soda mouth rinse** 4 or 5 times a day.

   **Mouth Rinse Recipe:**
   
   Mix: 1 tsp salt or baking soda with 8 oz. glass of water

   Other mouth rinses may be ordered by your doctor. Do not use mouth washes that have alcohol in them because they will dry out the mouth. If you cannot eat or swallow because of this, let your doctor or nurse know. Check with your doctor before having any dental work done.

8. Loose stools or diarrhea may occur within a few days after the drug is started. You may take loperamide (Imodium A-D®) to help control diarrhea. You may buy this at most drug stores. It is also important to drink more fluids (water, juice, sports drinks). If these do not help, tell your doctor or nurse.

9. Mild constipation may occur after treatment begins. Please increase your fluid intake and increase fiber in your diet by eating fresh fruits and vegetables. A daily stool softener, such as docusate (Colace®) and/or laxatives such as senna (Senakot®) may be helpful. If these do not help within 48 hours, tell your doctor or nurse. Do not use bulk forming laxatives such as Metamucil® without talking with your doctor or nurse.

**Things that may occur months to years after drug is given**

1. **Fertility and Related Precautions**
   - It is still very important to use birth control if you are having sex, because this drug could be harmful to an unborn baby.
   - Men may become sterile and may want to think about sperm banking prior to chemotherapy.
   - For women, your period (menstrual cycle) may not be regular for a while or may stop completely and you may not be able to get pregnant.
   - Women should not breastfeed while receiving this drug.
   - If you are concerned about any of this, please talk with your doctor or nurse.

2. In very rare cases, you may be at risk of getting another type of cancer after taking bendamustine.

The above information includes some, but not necessarily all, of the possible side effects of this medication. The side effects in this teaching sheet may not be the same ones you experience. Your side effects may be different, depending on how often you receive treatment (your schedule) and how much you receive each time (your dosage). Side effects may also vary if you take other medications. Please talk
with your doctor or nurse if you have questions about possible side effects you may experience. This document should not take the place of conversations with members of your health care team.

If you experience any significant change in your health during or after treatment, contact a member of your health care team right away.