



Bendamustine (Treanda[®], Bendeka[®])

("ben-dah-MUSS-steen")

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

Purpose: to stop the growth of cancer cells in chronic lymphocytic leukemia (CLL), non-Hodgkin lymphoma, and other cancers

Things that may occur during or within hours of treatment

- You may have nausea, vomiting, and/or loss of appetite. Nausea and vomiting may begin 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 later

1. Your blood cell counts may drop. This is known as bone marrow suppression. This includes a decrease in:
 - 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, **call your cancer care team 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 cancer care team if you have trouble buttoning your clothes. Peripheral neuropathy should get better over time when the drug is stopped. Care should be taken with sharp objects, use handrails to avoid falls, and wear supportive shoes.
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 had radiation therapy. Sunlight may cause your skin to burn easier, so use a sunscreen of SPF 30 or higher 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 help you maintain your energy.

5. If you develop a new or worsening cough or shortness of breath, tell your cancer care team.
6. You may get a headache. Talk with your cancer care team about what you can take for this.
7. You may get mouth sores 7 to 10 days after this drug is given. Be sure to keep your mouth clean. Use only a soft-bristle toothbrush 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 cancer care team. Do not use mouthwashes that have alcohol in them, because they will dry out the mouth. If you cannot eat or swallow because of this, tell your cancer care team. Check with your cancer care team 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 can buy this at most drug stores. Be sure to also drink more fluids (water, juice, sports drinks). If these do not help within 24 hours, **call your cancer care team.**
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 cancer care team. Do not use bulk-forming laxatives such as Metamucil[®] without first talking with your cancer care team.

Things that may occur months to years after treatment

1. Fertility:
 - It is very important to use birth control if you are having sex, because this drug could harm 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.
 - If you are concerned about any of this, please talk with your cancer care team.
2. In rare cases, you may be at risk of getting another type of cancer after taking bendamustine.

This document includes some but not necessarily all of the possible side effects of this medication. The side effects listed 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 are taking other medications. Please speak 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.

THIS SPACE RESERVED FOR WRITTEN COMMENTS OR NOTES FOR THE PATIENT AND FAMILY: