



## Ifosfamide (Ifex®) (“eye-FOSS-fa-mide”)

**How drug is given:** by vein (IV)

**Purpose:** to treat cancer cells in testicular cancer, sarcoma, and other cancers

### Things that may occur during or within hours of each treatment

1. 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 medicine to help with this.
2. Ifosfamide may cause you to become confused, agitated, or see strange things (hallucinations), and/or have trouble staying awake. If this happens, **tell your cancer care team right away.**

### Things that may occur a few days or weeks later

1. Ifosfamide may irritate the bladder or cause blood in the urine. You should drink about 12 glasses of fluids, such as water, juice, or milk, every day that you are given ifosfamide and for at least two days afterwards. Empty your bladder often during the day and night. If you have problems drinking, have any pain, or see blood in your urine, **tell your cancer care team** soon as possible.
2. 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. After that, your 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.**

3. Some or all of your hair may fall out around 3 to 4 weeks after treatment starts. You may lose hair on your head, as well as facial and body hair. You may want to buy a wig before hair loss begins. Hair may grow back during treatment.

### Things that may occur after treatment ends (even months to years later)

- In rare cases, you may be at risk of getting another type of cancer after receiving ifosfamide.
- Fertility:
  - It is very important to use birth control if you are having sex, because this drug could hurt 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. You may not be able to get pregnant.
  - If you are concerned about any of this, please talk with your cancer care team.

*The above information 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 cancer care team if you have questions about possible side effects you may experience. This document should not take the place of conversations with members of your cancer care team.*

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

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