



Mesna (Mesnex[®])

("MES-na")

How drug is given: by vein (IV) or by mouth

Purpose: Helps protect the bladder from being damaged by ifosfamide or cyclophosphamide

How to take this drug (if taken by mouth)

- Take this medication on an empty stomach (at least 1 hour before or 2 hours after food)
- Swallow each tablet whole. Do not crush or chew them. If you have trouble swallowing the tablet, the pharmacist will give you specific instructions.
- Tell your doctor if you throw up within 2 hours of taking the oral drug. The dose may need to be repeated.
- Wash your hands after taking the medication. Avoid handling crushed or broken tablets.

Storage

- Store at room temperature, away from heat and moisture.
- Keep this medicine in its original container, out of reach of children and pets.
- If you have unused oral chemotherapy pills (tablets or capsules), please return them to the pharmacy where the prescription was filled. Do not flush them down the toilet, dump in the sink, or throw away in the trash.

Things that may occur during treatment

1. 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.**
2. 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 (Senokot[®]) 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.

3. You may get a headache. Please talk to your cancer care team about what you can take for this.
4. Some patients may have mild nausea. You may be given medicine to help with this. You may feel pain or weakness in your joints or muscles. If these bother you, ask your cancer care team what type of drugs you may use to help with this pain.

The information in 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: