

## Bendamustine (Treanda, Belrapzo)

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### About This Medicine

Bendamustine is used to treat cancer. It is given in the vein (IV).

### Possible Side Effects

- Bone marrow suppression. This is a decrease in the number of white blood cells, red blood cells, and platelets. This may raise your risk of infection, make you tired and weak, and raise your risk of bleeding.
- Soreness of the mouth and throat. You may have red areas, white patches, or sores that hurt.
- Nausea and vomiting (throwing up)
- Diarrhea (loose bowel movements)
- Constipation (not able to move bowels)
- Fever
- Tiredness
- Decreased appetite (decreased hunger)
- Weight loss
- Headache
- Cough
- Trouble breathing
- Rash

**Note:** Each of the side effects above was reported in 15% or greater of patients treated with bendamustine. All possible side effects are not included. Your side effects may be different depending on your cancer diagnosis, condition, or if you are receiving other medicines in combination. Please discuss any concerns or questions with your medical team.

### Warnings and Precautions

- Severe bone marrow suppression, which may be life-threatening.
- Allergic reactions, including anaphylaxis, are rare but may happen in some patients. Signs of allergic reaction to this medicine may be swelling of the face, feeling like your tongue or throat are swelling, trouble breathing, rash, itching, fever, chills, feeling dizzy, and/or feeling that your heart is beating in a fast or not normal way. **If this happens, do not take another dose of this medicine. You should get urgent medical treatment.**

- Risk of severe and life-threatening infections
- While you are getting this medicine in your vein (IV), you may have a reaction to the medicine. Sometimes you may be given medicine to stop or lessen these side effects. Your nurse will check you closely for these signs: fever or shaking chills, flushing, facial swelling, feeling dizzy, headache, trouble breathing, rash, itching, chest tightness, or chest pain. **These reactions may happen after your infusion. If this happens, call 911 for emergency care.**
- Skin and tissue irritation including redness, pain, warmth, or swelling at the IV site if the medicine leaks out of the vein and into nearby tissue.
- Tumor lysis syndrome: This medicine may act on the cancer cells very quickly. This may affect how your kidneys work.
- Severe allergic skin reaction, which may be life-threatening. You may develop blisters on your skin that are filled with fluid or a severe red rash all over your body that may be painful.
- Severe changes in your liver function, which may be life-threatening.
- This medicine may raise your risk of getting a second cancer such as acute myeloid leukemia, myelodysplastic syndrome, skin cancer and other types of cancer.
- A rare virus can cause an infection that affects your central nervous system. The central nervous system is made up of your brain and spinal cord. You could feel extreme tiredness, agitation, confusion, have trouble understanding or speaking, trouble thinking and/or memory loss, difficulty walking, eyesight changes, numbness or lack of strength to your arms, legs, or seizures. **If you start to have any of these symptoms let your doctor know right away.**

**Note:** Some of the side effects above are very rare. If you have concerns and/or questions, please discuss them with your medical team.

## Important Information

- Cytotoxic medicines leave the body through urine and stool, but they can also be present in other body fluids such as blood, vomit, semen, and vaginal fluids. Take precautions to prevent others from coming in contact with your medicine or your body fluids. Follow safety precautions during your treatment and for as long as directed by your health care provider after your treatment. If you take a cytotoxic pill each day, follow these precautions every day.
- This medicine may impair your ability to drive or use machinery. Use caution and talk to your doctor and/or nurse about any precautions you may need to take.

## Treating Side Effects

- Manage tiredness by pacing your activities for the day.
- Be sure to include periods of rest between energy-draining activities.
- To decrease the risk of infections, wash your hands regularly.
- Avoid close contact with people who have a cold, the flu, or other infections.
- Take your temperature as your doctor or nurse tells you, and whenever you feel like you may have a fever.
- To help decrease the risk of bleeding, use a soft toothbrush. Check with your nurse before using dental floss.
- Be very careful when using knives or tools.



- Use an electric shaver instead of a razor.
- Drink enough fluids to keep your urine pale yellow.
- Mouth care is very important. Your mouth care should consist of routine, gentle cleaning of your teeth or dentures and rinsing your mouth with a mixture of 1/2 teaspoon of salt in 8 ounces of water or 1/2 teaspoon of baking soda in 8 ounces of water. This should be done at least after each meal and at bedtime.
- If you have mouth sores, avoid mouthwash that has alcohol. Also avoid alcohol and smoking because they can bother your mouth and throat.
- To help with nausea and vomiting, eat small, frequent meals instead of three large meals a day. Choose foods and drinks that are at room temperature. Ask your nurse or doctor about other helpful tips and medicine that is available to help stop or lessen these symptoms.
- If you throw up or have diarrhea, you should drink more fluids so that you do not become dehydrated (lack of water in the body from losing too much fluid).
- If you have diarrhea, eat low-fiber foods that are high in protein and calories and avoid foods that can irritate your digestive tracts or lead to cramping.
- If you are not able to move your bowels, check with your doctor or nurse before you use enemas, laxatives, or suppositories.
- Ask your doctor or nurse about medicines that are available to help stop or lessen constipation and/or diarrhea.
- To help with weight loss, drink fluids that contribute calories (whole milk, juice, soft drinks, sweetened beverages, milkshakes, and nutritional supplements) instead of water.
- To help with decreased appetite, eat small, frequent meals. Eat foods high in calories and protein, such as meat, poultry, fish, dry beans, tofu, eggs, nuts, milk, yogurt, cheese, ice cream, pudding, and nutritional supplements.
- Consider using sauces and spices to increase taste. Daily exercise, with your doctor's approval, may increase your appetite.
- Keeping your pain under control is important to your well-being. Please tell your doctor or nurse if you are experiencing pain.
- If you get a rash do not put anything on it unless your doctor or nurse says you may. Keep the area around the rash clean and dry. Ask your doctor for medicine if your rash bothers you.
- While you are getting this medicine, please tell your nurse right away if you have any pain, redness, or swelling at the site of the IV infusion.
- Infusion reactions may happen after your infusion. **If this happens, call 911 for emergency care.**

## Food and Medicine Interactions

- There are no known interactions of bendamustine with food.
- Check with your doctor or pharmacist about all other prescription medicines and over-the-counter medicines and dietary supplements (vitamins, minerals, herbs, and others) you are taking before starting this medicine as there are known medicine interactions with bendamustine. Also, check with your doctor or pharmacist before starting any new prescription or over-the-counter medicines, or dietary supplements to make sure that there are no interactions.

## When to Call the Doctor



Call your doctor or nurse if you have any of these symptoms and/or any new or unusual symptoms:

- Fever of 100.4° F (38° C) or higher
- Chills
- Tiredness that interferes with your daily activities
- Feeling dizzy or lightheaded
- Headache that does not go away
- Blurry vision or other changes in eyesight
- Extreme tiredness, agitation, or confusion
- Difficulty walking
- Trouble understanding or speaking
- Trouble thinking and/or memory loss
- Numbness or lack of strength to your arms and/or legs
- Symptoms of a seizure such as confusion, blacking out, passing out, loss of hearing or vision, blurred vision, unusual smells or tastes (such as burning rubber), trouble talking, tremors or shaking in parts or all of the body, repeated body movements, tense muscles that do not relax, and loss of control of urine and bowels. **If you or your family member suspects you are having a seizure, call 911 right away.**
- Easy bleeding or bruising
- Cough that is bothersome
- Wheezing and/or trouble breathing
- Pain in your mouth or throat that makes it hard to eat or drink
- Nausea that stops you from eating or drinking and/or is not relieved by prescribed medicines
- Throwing up more than 3 times a day
- No bowel movement in 3 days or when you feel uncomfortable
- Diarrhea, 4 times in one day or diarrhea with lack of strength or a feeling of being dizzy
- Lasting loss of appetite or rapid weight loss of five pounds in a week
- Flu-like symptoms: fever, headache, muscle and joint aches, and fatigue (low energy, feeling weak)
- A new rash and/or itching or a rash that is not relieved by prescribed medicines
- New skin lesions
- Signs of infection: fever or chills, cough, trouble breathing, severe pain in your abdomen, difficulty urinating, burning or pain when you pass urine, redness and/or swelling of the skin
- Signs of allergic reaction: swelling of the face, feeling like your tongue or throat are swelling, trouble breathing, rash, itching, fever, chills, feeling dizzy, and/or feeling that your heart is beating in a fast or not normal way. **If this happens, call 911 for emergency care.**
- Signs of infusion reaction: fever or shaking chills, flushing, facial swelling, feeling dizzy, headache, trouble breathing, rash, itching, chest tightness, or chest pain. **If this happens, call 911 for emergency care.**
- Signs of possible liver problems: dark urine, pale bowel movements, pain in your abdomen, feeling very tired and weak, unusual itching, or yellowing of the eyes or skin
- Signs of tumor lysis: confusion or agitation, decreased urine, nausea/vomiting, diarrhea, muscle cramping, numbness and/or tingling, seizures



- If you think you may be pregnant, or may have impregnated your partner

## Reproduction Warnings

- **Pregnancy warning:** This medicine can have harmful effects on the unborn baby. Women of childbearing potential should use effective methods of birth control during your cancer treatment and for 6 months after stopping treatment. Men with female partners of childbearing potential should use effective methods of birth control during your cancer treatment and for 3 months after stopping treatment. Let your doctor know right away if you think you may be pregnant or may have impregnated your partner.
- **Breastfeeding warning:** It is not known if this medicine passes into breast milk. For this reason, women should not breastfeed during treatment and for 1 week after stopping treatment because this medicine could enter the breast milk and cause harm to a breastfeeding baby.
- **Fertility warning:** In men this medicine may affect your ability to have children in the future. Talk with your doctor or nurse if you plan to have children. Ask for information on sperm banking.

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