

**Medication Information Sheet****mesna** (MEZ-nah)

*This document provides general information about your medication. It does not replace the advice of your health care professional. Always discuss your therapy with your health care professional and refer to the package insert for more details.*

**Other name:** Generic brand(s) available, Uromitexan®

**Appearance:** Clear, colourless solution

**What it is used for**

- To prevent urinary tract problems or bladder damage, caused by the anticancer drugs cyclophosphamide or ifosfamide.
- Mesna is not an anticancer drug.

**Before receiving it**

- Tell your doctor if you have / had any allergies.

**How it is given**Injection:

- Your chemotherapy nurse will inject mesna into a vein, at specific times before/during and after cyclophosphamide or ifosfamide treatments.

Oral:

- You may be asked to drink the mesna solution instead of having an injection. Mesna must be swallowed at specific times, as your doctor will tell you. Read the instructions carefully and make sure you understand them.
- Mesna may be taken with food or on an empty stomach.
- To mask the taste, each dose of mesna may be mixed in juice or cola immediately before you take it. Remember to finish the entire dose.

**While receiving it**

- Make sure your doctor and pharmacist know about all your medicines (prescription, over-the-counter, herbals and supplements). Check with your doctor or pharmacist before starting or stopping any of them.
- If you have diabetes, and use a urine ketone test to monitor your blood sugar levels, you should

be careful on the days when you are given mesna. Mesna may cause false readings in urine ketone tests. The colour reaction is reddish purple rather than purple.

## Safety / Storage

- Store in the original packaging at room temperature, away from heat, light or moisture. Keep out of reach of children and pets.
- Do not throw out any unused drugs at home. Bring them to your pharmacy for safe disposal.

## Side effects and what to do

- Since mesna is used with chemotherapy drugs such as cyclophosphamide or ifosfamide, most of the side effects may be related to the chemotherapy. Also refer to the information sheets on [cyclophosphamide](#) and [ifosfamide](#).
- The following side effects are common or severe. You may not have all of the side effects. Other side effects may occur. If you have any unusual or bothersome symptoms, discuss with your doctor.

Side effects and what to do	When to contact doctor?
<b>Most Common Side Effects</b>	
<p><b>Unpleasant taste</b> (with oral use)</p> <ul style="list-style-type: none"> <li>• To mask the taste, mix mesna with juice or cola immediately before you take it.</li> <li>• Chewing gum or sucking on ice chips may help.</li> </ul>	Contact doctor if no improvement or if severe
<p><b>Pains or cramps in the belly</b></p> <ul style="list-style-type: none"> <li>• Treat constipation or diarrhea.</li> <li>• May be due to other causes; check with your doctor or nurse if pain is severe, does not go away or worsens.</li> </ul>	Contact doctor if no improvement or if severe
<p><b>Diarrhea</b></p> <ul style="list-style-type: none"> <li>• Drink plenty of clear fluids. Limit hot, spicy, fried foods, foods/drinks with caffeine, orange or prune juice. Try a low-fiber BRAT diet (Bananas, white Rice, Apple sauce, Toast made with white bread).</li> <li>• Take anti-diarrhea drug(s) if given to you by your doctor.</li> <li>• Also see Diarrhea pamphlet.*</li> </ul>	Contact doctor if no improvement or if severe
<p><b>Nausea and vomiting</b> (more common with oral use)</p> <ul style="list-style-type: none"> <li>• Drink clear fluids and avoid large meals. Get fresh air and rest.</li> <li>• Limit spicy, fried foods or foods with a strong smell.</li> <li>• Take anti-nausea drug(s) exactly as directed by your doctor. It is easier to prevent nausea than to treat it.</li> <li>• Contact your doctor if nausea lasts more than 48 hours or vomiting for more than 24 hours.</li> <li>• Also see Nausea &amp; Vomiting pamphlet.*</li> </ul>	Contact doctor if no improvement or if severe

\*The most updated version and more symptom control information can be found on: <http://www.cancercare.on.ca/druginfo>  
 Prepared with input from the Cancer Care Ontario-Medication Information Sheets Working Group.  
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<p><b>Flu-like feeling</b> (fever, chills, muscle pain, <b>without</b> signs of infection such as sore throat, cough, or blistering rash on skin)</p> <ul style="list-style-type: none"> <li>• These side effects may go away as your body gets used to the drug.</li> <li>• Contact your doctor or nurse if these feelings bother you.</li> <li>• May take acetaminophen (Tylenol®) tablets as needed.</li> </ul>	Contact doctor if no improvement or if severe
<p><b>Facial flushing with mesna injection</b></p>	Contact doctor if no improvement or if severe
<p><b>Rash; dry, itchy skin</b> (may be severe in some cases)</p> <ul style="list-style-type: none"> <li>• Stay out of the sun; wear sunblock, a hat and cover exposed skin.</li> <li>• Use daily moisturizer.</li> <li>• May be severe, including blisters or skin peeling; get emergency medical help right away if this occurs.</li> </ul>	Contact doctor if no improvement or if severe
<b>Less Common Side Effects, but may be Severe</b>	
<p><b>Reactions at the injection site</b> (pain, irritation, burning, redness or swelling)</p> <ul style="list-style-type: none"> <li>• <b>Let your healthcare team know right away when this happens</b>, since this drug may irritate tissues if it leaks from the vein during injection.</li> </ul>	-
<p><b>Eye problems</b> (redness, irritation, pain, sensitivity to light, blurred vision or other unusual changes with your sight)</p>	Contact doctor as soon as possible (office hours)
<p><b>Allergic reaction</b> (severe rash, itchiness, swollen face, lip or tongue, chest or throat tightness)</p> <ul style="list-style-type: none"> <li>• May occur during/shortly after the drug is given or may be delayed</li> <li>• Usually occurs with the first dose, but may also happen with repeated doses.</li> </ul>	Get emergency medical help right away
<p><b>Fast heartbeat, dizziness or mild drop in blood pressure with mesna injection</b></p> <ul style="list-style-type: none"> <li>• <b>Let your healthcare team know right away when this happens</b></li> </ul>	-

The information set out in the medication information sheets, regimen information sheets, and symptom management information (for patients) contained in the Drug Formulary (the "Formulary") is intended to be used by health professionals and patients for informational purposes only. The information is not intended to cover all possible uses, directions, precautions, drug interactions or side effects of a certain drug, nor should it be used to indicate that use of a particular drug is safe, appropriate or effective for a given condition.

A patient should always consult a healthcare provider if he/she has any questions regarding the information set out in the Formulary. The information in the Formulary is not intended to act as or replace medical advice and should not be relied upon in any such regard. All uses of the Formulary are subject to clinical judgment and actual prescribing patterns may not follow the information provided in the Formulary.