Mesna

MES na

Patient/Caregiver Information

What is Mesna?

Mesna is a medication used to prevent the damage caused to the bladder by ifosfamide and cyclophosphamide.

How does it work?

In the blood, mesna is broken down by the kidney to create a free thiol group. The thiol group binds and inactivates acrolein. Acrolein is a breakdown product of ifosfamide and cyclophosphamide and is the substance that causes the bladder irritation.

How is it given?

Mesna can be administered as an intravenous (IV) infusion over 15 minutes or longer, or as a quick infusion over 3 to 5 minutes. Mesna can be added to the IV fluid you will receive with the ifosfamide or cyclophosphamide. Mesna can also be given by mouth as a tablet.

Special instructions:

- Mesna may not prevent bladder damage from the ifosfamide or cyclophosphamide in all patients. Tell your doctor or nurse right away if you notice any blood in the urine.
- It is important to be well hydrated and to urinate frequently while receiving mesna. You will be given IV fluids with your chemotherapy and mesna.
- If you are receiving mesna as a tablet, take the tablet(s) at the time specified by your doctor or nurse.
- Mesna tablets can be mixed with water, milk, juice or carbonated drinks (carbonated drinks disguise the bad taste the best).
- If you vomit within 30 minutes after taking your mesna by mouth, inform your doctor or nurse right away.

Possible Side Effects:

Listed below, but not limited to, are the more commonly experienced side effects that you may see. The side effects your child might experience may be temporary and some may be permanent.

	Likely Happens to 21-100 children out of every 100	**Less Likely** Happens to 5-20 children out of every 100	**Rare but serious** Happens to <5 children out of every 100
Immediate Within 1-2 days of receiving the medicine	▪ Bad taste when taken by mouth	▪ Nausea ▪ Stomach pain ▪ Vomiting (usually due to the bad taste of the tablets) ▪ Headache ▪ Feeling tiered	▪ Fever ▪ Flushing of the face with red cheeks ▪ Pain in arms, legs and joints ▪ Rash ▪ Dizziness ▪ Nervousness ▪ Confusion ▪ Swelling around the eyes ▪ Coughing ▪ Temporary low blood pressure ▪ Rapid heart rate

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Immediate Within 1-2 days of receiving the medicine			▪ Severe allergic reaction which can be life threatening with shortness of breath, low blood pressure, rapid heart rate, chills and fever
Prompt Within 2-3 weeks, prior to the next course		▪ Diarrhea	

This information sheet is a brief overview. Each individual can respond differently to the medication, it is vital that you communicate all signs and symptoms you observe to your doctor or nurse.

If you have any questions about the information provided please discuss them with your oncologist or haematologist.

Further information can be obtained from your doctor, nurse or pharmacist or at the following website: http://medsafe.govt.nz/consumers/medicine/where.asp