Ifosfamide

Care Team Contact Information: _____

Pharmacy Contact Information: _____

Diagnosis: _____

- This treatment is used for testicular cancer.
- It may also be used for other reasons.

Goal of Treatment: _____

- Treatment may continue for a certain time period, until it no longer works, or until side effects are no longer controlled.

Treatment Regimen

Treatment Name	How the Treatment Works	How the Treatment is Given
Ifosfamide (i-FOS-fuh-mide) Ifex (I-fex)	Slows down or stops the growth of cancer cells by damaging the genetic material that cancer cells need to grow.	Infusion into a vein (intravenous (IV) infusion).

Treatment Administration and Schedule

Treatment is typically repeated for 5 days in a row every 3 weeks. This length of time is called a "cycle." Ifosfamide is often given in combination with other treatments. Talk with your care team about your exact treatment and schedule.

- Ifosfamide is given on Days 1, 2, 3, 4, and 5 with mesna.
- **Note**: This schedule assumes a Monday start date. Your schedule may look different.

Treatment Name	Cycle 1								Next Cycle
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	…	Day 21	Day 1
Ifosfamide	✓	✓	✓	✓	✓				✓
Mesna	✓	✓	✓	✓	✓				✓

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Appointments

Appointments may include regular check-ups with your care team, treatment appointments, lab visits, and imaging tests. It's important to keep your appointments whenever you can. If you miss an appointment, call your care team as soon as possible to reschedule it.

Supportive Care to Prevent and Treat Side Effects

Description	Supportive Care Given at the Clinic or Hospital	Supportive Care Taken at Home
To help prevent or treat nausea and vomiting		
To help protect your bladder		
Other		

Common Side Effects

Side Effect	Important Information
Low White Blood Cell (WBC) Count (Neutropenia) and Increased Risk of Infection (Boxed Warning)	Description: WBCs help protect your body from infections. A low WBC count increases your risk of infection. Recommendations: • Wash your hands often and bathe regularly. • Avoid crowded places and close contact with people who are sick. • Follow food safety and wound care advice from your care team. • Your care team may prescribe medicine to help your WBCs recover. Talk to your care team if you have: • Fever of 100.4°F (38°C) or higher • Chills • New or worsening cough or sore throat • Painful urination or signs of a urinary infection • Feeling much more tired than usual • Red, swollen, warm, or painful areas on the skin

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Low Red Blood Cell (RBC) Count and Hemoglobin (Hgb) (Anemia) (Boxed Warning)	Description: Red blood cells carry oxygen throughout your body. Low levels can make you feel tired, weak, dizzy, or short of breath. Recommendations: • Aim for 7 to 8 hours of sleep each night. • Do not drive, operate heavy machinery, or do other dangerous activities if you are very tired. • Balance activity and rest — stay as active as you can, but rest when needed. • Eat a balanced diet and follow any nutrition or supplement advice from your care team. Talk to your care team if you have: • Shortness of breath • Dizziness or fainting • Fast or irregular heartbeats • Sudden or severe headache
Nausea and Vomiting	Description: Nausea is an uncomfortable feeling in your stomach or the need to throw up. You may or may not vomit. Recommendations: • Eat smaller, more frequent meals. • Avoid fatty, fried, spicy, or highly sweet foods. • Eat bland foods at room temperature and drink clear liquids. • If you vomit, start with small sips of water, broth, or other clear liquids. If these stay down, try soft foods (such as gelatin, plain cornstarch pudding, yogurt, strained soup, or strained cooked cereal) and gradually return to solid foods. • Your care team may prescribe medicine for these symptoms. Talk to your care team if you have: • Vomiting for more than 24 hours • Nonstop vomiting • Signs of dehydration (very thirsty, dry mouth, dizziness, or dark urine) • Blood in your vomit or vomit that looks like coffee grounds • Severe stomach pain that does not go away after vomiting
Blood in Your Urine (Hematuria)	Description: Ifosfamide may cause irritation or damage to your bladder, which can lead to blood in your urine. Your urine may look pink, red, or brown. Sometimes, blood may only be found through a urine test. Your care team will check your urine before and during treatment. Recommendations: • Drink plenty of fluids unless your care team tells you otherwise. • Urinate frequently to help prevent damage to your bladder. • Your care team will give you a medicine called mesna to help protect your bladder. Talk to your care team if you have: • Blood in your urine or urine that looks pink, red, or brown • Pain or burning when urinating • Urinating more often than usual • Stomach-area (abdominal) or pelvic pain • Fever of 100.4°F (38°C) or higher

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Hair Loss (Alopecia)	Description: Hair loss or thinning may begin days to weeks after treatment starts and usually grows back later. New growth can be a different color or texture and may not look the same as before. Recommendations: • Consider a short haircut before treatment and use scarves, hats, or wigs for comfort and confidence. • Keep your head covered outdoors to protect it from the sun and cold; apply sunscreen to your exposed scalp. • Use gentle haircare: mild shampoo, soft brush, and avoid heat styling and harsh treatments. • Ask your care team about wig prescriptions or resources for head coverings. Talk to your care team if you have: • No hair regrowth months after treatment ends • Concern about hair changes or need help finding a wig or support resources

Select Rare Side Effects

Side Effect	Talk to Your Care Team if You Have Any of These Signs or Symptoms
Low Platelet Count (Thrombocytopenia) (Boxed Warning)	• Bruising easily • Frequent nose bleeds • Blood in your urine or stool • Blood in your spit after a cough
Kidney Problems (Boxed Warning)	• Decrease in your amount of urine • Blood in your urine • Swelling of your ankles • Loss of appetite
Bladder Irritation (Hemorrhagic Cystitis) (Boxed Warning)	Ifosfamide can cause irritation and damage to your bladder. To reduce this risk, drink plenty of fluids and urinate frequently for a few days after each dose of ifosfamide. • Blood in the urine • Painful urination • Urinating more frequently • Stomach (abdominal) or pelvic pain • Fever of 100.4°F (38°C) or higher
Brain Problems (Boxed Warning)	• Headache • Dizziness • Confusion • Memory problems • Difficulty concentrating • Fatigue • Seizures • Muscle weakness • Tremors • Changes in mood or behavior • Sensory disturbances (such as tingling or numbness)

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Heart Problems	• Fast or irregular heartbeats • Swelling of your stomach area (abdomen), legs, hands, feet, or ankles • Shortness of breath • New or worsening chest discomfort, including pain or pressure • Nausea or vomiting • Weight gain • Pain or discomfort in your arms, back, neck, or jaw • Protruding neck veins • Breaking out in a cold sweat • Feeling lightheaded or dizzy
Serious Liver Problems	Treatment can cause a serious liver problem called veno-occlusive disease (VOD), also known as sinusoidal obstruction syndrome (SOS). This condition causes blockage of the small veins in the liver. Your care team may check your liver with blood tests before and during treatment. • Yellowing of your skin or the white part of your eyes (jaundice) • Severe nausea or vomiting • Pain on the right side of your stomach area (abdomen) • Rapid or unusual weight gain • Dark, tea-colored urine • Bleeding or bruising more easily than normal • Swollen or tight stomach area (abdomen)
Lung Problems	Ifosfamide can cause lung problems that may be serious, life-threatening, or fatal. Lung problems can include inflammation or scarring in the lungs called interstitial lung disease (ILD) or pneumonitis. If you develop lung problems, your care team may treat you with corticosteroid medicines. Call your care team right away if you develop: • Cough • Trouble breathing or shortness of breath • Fever • Other new or worsening breathing symptoms such as chest tightness or wheezing
Allergic Reactions, Including Anaphylaxis	Get emergency medical help right away if you develop any of the following signs or symptoms: • Swelling of your lips, mouth, tongue, or throat • Trouble breathing or swallowing • Raised red areas on your skin (hives) • A very fast heartbeat • You feel dizzy or faint
Risk of New Cancers	There is a risk of developing one or more new cancers during or after treatment. Talk with your care team about this risk, and ask about the signs and symptoms to watch for.

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Before starting treatment, ask your care team when to call 9-1-1 or seek emergency help.
If you experience any new, worsening, or uncontrolled side effects, contact your care team immediately.

Intimacy, Fertility, Pregnancy, and Breastfeeding

- Treatment may **change how you feel about intimacy and your body.** However, physical closeness—such as holding hands and hugging—remains safe. It is common to have questions about intimacy. If needed, talk to your care team for guidance.
- Treatment can affect your **ability to have children**. It may damage your reproductive organs or stop them from working. If you are worried about fertility, talk to your care team before starting treatment.
- Treatment may **harm an unborn baby**.
    - If you are able to become pregnant:
        - Your care team will verify your pregnancy status before treatment.
        - Use an effective method of birth control during treatment and for 12 months after your last dose of ifosfamide.
        - If you think you might be pregnant or if you become pregnant, tell your care team right away.
    - If your partner is able to become pregnant, use an effective method of birth control—such as condoms—during treatment and for 6 months after your last dose of ifosfamide.
- **Do not breastfeed** during treatment and for 1 week after your last dose of ifosfamide.

Handling Body Fluids and Waste

Some drugs you receive may stay in your urine, stool, sweat, or vomit for many days after treatment. Because many cancer drugs are toxic, your body waste may also be dangerous to touch. To help protect yourself, your loved ones, and the environment, **follow these instructions** for at least **3 days** after each dose of **ifosfamide**:

- People who are pregnant should avoid touching anything that may be soiled with body fluids from the patient.
- You can use your usual toilet. Always close the lid and flush to discard all waste. If you have a low-flow toilet, flush twice.
- If the toilet or seat is soiled with urine, stool, or vomit, clean the surface after each use before others use it.
- Wash your hands with soap and water for at least 20 seconds after using the toilet.
- If you need a bedpan, inform your caregiver so they can wear gloves and assist with cleanup. Wash the bedpan with soap and water daily.
- If you cannot control your bladder or bowels, use a disposable pad with a plastic back, a diaper, or a sheet to absorb waste.
- Wash any skin exposed to body waste with soap and water.
- Wash soiled linens or clothing separately from other laundry. If you don't have a washer, place them in a plastic bag until they can be washed.
- Wash your hands with soap and water after touching soiled linens or clothing.

Additional Information

- **Tell your care team about all the medicines you take**.
  This includes prescriptions, over-the-counter drugs, vitamins, and herbal products. Before starting any new medicine, supplement, or vaccine, ask your care team first.

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- **Wound healing problems**. Wounds may not heal properly during ifosfamide treatment. Tell your care team if you plan to have any surgery before starting or during treatment with ifosfamide.
    - Your care team should tell you when you may start receiving ifosfamide again after surgery.
- **This Patient Education Sheet may not describe all possible side effects.**
  Call your care team for medical advice about side effects. You may report side effects to the FDA at 1-800-FDA-1088.

Notes

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Scan the QR code below to access this education sheet.

Important Notice:
The Association of Cancer Care Centers (ACCC), Hematology/Oncology Pharmacy Association (HOPA), Network for Collaborative Oncology Development & Advancement, Inc. (NCODA), and Oncology Nursing Society (ONS) have collaborated to gather information and develop this patient education guide. This guide is a summary of the medication, based on information provided by the drug manufacturer and other sources.

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