French Hospital Medical Center.
A Dignity Health Member

If you have any questions, please consult your physician or call Hearst Cancer Resource Center at 805.542.6234. For emergency, call 911.

PATIENT EDUCATION

Ifosfamide (Ifex)

SIDE EFFECTS

It is important for the patient to follow all prescription instructions carefully. You may experience some, all, or none of the following:

- **Bladder Irritation –** This medication can irritate the lining of the bladder and cause it to bleed. A medication called Mesna will be given to help protect the bladder. You will also receive IV fluids and be encouraged to urinate every 2-3 hours.
- **Lowered Blood Counts –** This is temporary and usually occurs 10-4 days after treatment. During this time you are more susceptible to colds, infections, and bleeding. Blood tests may be done to monitor your blood counts.
- **Nausea/Vomiting –** You will be given medication to prevent or control this.
- **Temporary Hair Loss –** May occur. Usually occurs 2-4 weeks after drug.
- **Fatigue –** this drug may cause you to feel sleepy or tired.
- **Infertility –** after receiving this drug, both men and women commonly are unable to father or bear children.

PATIENT RESPONSIBILITIES

Notify your doctor or oncology nurse immediately if you experience:

- Uncontrolled nausea/vomiting; inability to eat or drink for more than 24 hours.
- Signs of Bleeding: Blood in urine or stool; bleeding gums; nosebleeds, unusual bruising.
- Signs of Infection: Chills or fever above 100.5°F, new or significant cough or shortness of breath, sore throat, pain or burning with urination, a sore that is red and swollen, white patches in your mouth or on your tongue.
- If you feel confused or disoriented at any time.
- Avoid products which contain aspirin.

SPECIAL INSTRUCTIONS

- **Birth Control Measures –** are necessary during and for 4 months after treatment due to potential harm to sperm/egg health.
- **Increase Fluid Intake –** try to drink at least 8 glasses of fluids a day while you are getting this drug.
- **Before any dental procedure, be sure and tell your dentist you are taking this medication.**