



# Ifosfamide

(Ifex<sup>®</sup>)

## What is Ifosfamide?

Ifosfamide is a type of chemotherapy that is used to treat many different cancers. It can be given alone or in combination with other drugs. Ifosfamide works by interfering with DNA and stops the growth of cancer cells.

## How will I receive Ifosfamide?

Ifosfamide is given as an infusion through your vein (IV).

## What are the common side effects?

Please see chapter 5, “Managing Symptoms at Home,” in the manual.

What You May Expect	What You Should Do
<p><b>Decreased blood counts</b> (lowered platelets, red and white blood cells) may occur. You may feel weak and tired. You may develop infections more easily and may bruise more easily.</p> <p>Your health care providers will test your blood frequently to monitor your blood counts.</p>	<ul style="list-style-type: none"><li>• Report any signs of infection, fever, and unusual bleeding or bruising.</li></ul>

<p><b>Hematuria</b> (blood in your urine) may occur during your treatment with <b>Ifosfamide</b>.</p>	<ul style="list-style-type: none"><li>• Drink lots of fluids (8 to 12 cups each day) on the day(s) of your treatment and the day after your treatment.</li><li>• Empty your bladder (pass urine) every 2 hours while you are awake and at bedtime for at least 24 hours after your treatment. Your doctor may also tell you to get up in the night to empty your bladder. This helps prevent bladder and kidney problems.</li></ul>
<p><b>Nausea and vomiting</b> may occur while you are taking Ifosfamide. Many people have little or no nausea.</p>	<ul style="list-style-type: none"><li>• You may be given a prescription for an anti-nausea drug(s) to take at home. It is easier to prevent nausea than treat it once it has occurred, so follow directions closely.</li><li>• Drink plenty of liquids.</li><li>• Eat and drink often in small amounts.</li></ul>
<p><b>Hair loss, thinning or a change in the texture</b> is common and may begin within a days or weeks of treatment. You may also lose hair on your face and body.</p>	<ul style="list-style-type: none"><li>• Your hair will grow once your treatment with Ifosfamide is complete.</li><li>• Use a gentle baby shampoo and soft brush. Avoid hair spray, bleaches or perms.</li><li>• See “Body Image” section of the manual.</li></ul>

**These are the most common side effects. Others may occur. Please report any problems to your doctor, pharmacist, or nurse.**

**Call and Seek Help Immediately If You Have:**

- Signs of an infection such as fever, chills, cough, pain or burning when you urinate.
- Signs of uncontrolled bleeding such as black tarry stools, blood in the urine, or severe bruising.
- Signs of bladder problems such as blood in urine, frequent need to pass urine, pain when you pass urine.

## Questions?

Call \_\_\_\_\_  
\_\_\_\_\_

Your questions are important. Call your doctor or health care provider if you have questions or concerns. UWMC Clinic staff are also available to help at any time.

## Contact Your Nurse or Doctor If You Have:

- Severe skin reaction where you have had radiation.
- Signs of heart problems such as shortness of breath or difficulty breathing, swelling of feet or lower legs.
- Signs of kidney problems such as lower back or side pain, swelling of feet or lower legs, numbness or tingling in feet or hands.
- Signs of lung problems such as shortness of breath or hacking cough.
- Signs of gout such as joint pain.

## Special Instructions

Inform your doctor, pharmacist, or nurse if you are pregnant or breastfeeding. Use contraception when receiving chemotherapy.

Talk to your doctor or nurse about any additional questions.

## Drug-Drug Interactions

The medication warfarin (Coumadin<sup>®</sup>) may interact with Ifosfamide. Tell your doctor if you are taking this or any other drugs as your dose may need to be changed. Check with your doctor or pharmacist before you start taking any new drugs.

## Drug-Food Interactions

None known at this time.

For more complete information, please request an additional teaching sheet from the National Library of Medicine at [www.nlm.nih.gov/medlineplus/druginformation.html](http://www.nlm.nih.gov/medlineplus/druginformation.html), your nurse, pharmacist, or visit the Resource Center.

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*A member of the Seattle Cancer Care Alliance, a collaboration of the Fred Hutchinson Cancer Research Center, the University of Washington and Children's Hospital and Regional Medical Center*