

MESNA

Other names: Uromitexan®



Important note: The following information is intended to add to, not replace, the knowledge and judgment of your doctor, pharmacist or other health care professional.

Why you are taking this medication

Mesna (mes-na) is a medicine that is used to protect your bladder from the harmful effects of some types of chemotherapy. It can be given by injection or taken by mouth.

Tell your doctor if you have ever had an unusual or allergic reaction to mesna or other sulfhydryl (thiol) type medications before taking mesna.

Your doctor may tell you to drink plenty of fluids so that you will pass more urine. This will help prevent bladder and kidney problems. Empty your bladder frequently; every two hours while you are awake and at bedtime for at least 24 hours after your chemotherapy. Your doctor may also tell you to get up in the night to empty your bladder.

Alcohol (in small amounts) does not appear to affect the safety or usefulness of mesna.

Tell other doctors or dentists that you are being treated with mesna before you receive any treatment from them.

For diabetics: if you usually test your urine for ketones you may get a false positive result while you are taking mesna. Discuss positive results with a health professional before making changes to any of your medication.

If you are going to take mesna tablets at home:

- It is important to take it exactly as directed by your doctor. Make sure you understand the directions. You will need to make a note of the time you received your chemotherapy that day.
- You may take mesna with food or on an empty stomach.
- If you vomit the dose of mesna within two hours of taking it, check with your doctor. The dose may need to be repeated, or an injection given in its place.
- Store mesna tablets out of the reach of children, at room temperature, away from heat, light and moisture.

Side effects

Unfortunately as well as having good effects, most medicines have some effects on your body that are unwanted. These are called *side effects*.

Side effects are listed in the following table in the order in which they may occur. Tips to help manage the side effects are included.

SIDE EFFECTS	WHAT TO DO
Mesna burns if it leaks under the skin.	<ul style="list-style-type: none"> Tell your doctor or nurse immediately if you feel burning, stinging or any other change while mesna is being given.
Pain or tenderness may occur where the needle was placed.	<ul style="list-style-type: none"> Apply cool compresses or soak in cool water for 15-20 minutes several times a day
Upset stomach, nausea and vomiting may occur after your treatment and may last for several hours.	<p>You may be given a prescription for an antinausea medicine to take before your chemotherapy treatment and/or at home. It is easier to prevent nausea than treat it once it has occurred, so follow the directions closely:</p> <ul style="list-style-type: none"> Drink plenty of liquids. Eat often in small amounts.
Diarrhoea or soft stools may sometimes occur.	<p>To help diarrhoea:</p> <ul style="list-style-type: none"> Drink plenty of liquids. Eat and drink often in small amounts. Avoid high fibre foods.
Tiredness , generalised weakness and lack of energy may sometimes occur.	<ul style="list-style-type: none"> Do not drive a car or operate machinery if you are feeling tired.

Stop taking your mesna and see your doctor or get emergency help immediately if you have:

- Signs of **bleeding problems** such as black, tarry stools; blood in urine; pinpoint red spots on skin, extensive bruising.
- Signs of an **allergic reaction** soon after a treatment including flushing, fever, rash, itching, dizziness, fast heart beat, face swelling or breathing problems.
- Signs of **heart or lung problems** such as fast or uneven heartbeat, chest pain, chest pressure, shortness of breath or difficulty breathing, swelling of ankles or fainting.

See your doctor as soon as possible (during office hours) if you have:

- Signs of **bladder problems** such as changes in urination (peeing), painful burning sensation when peeing, presence of blood or abdominal pain.

Check with your doctor if any of the following continue or bother you:

- Uncontrolled nausea, vomiting, constipation or diarrhoea.
- Redness, swelling, pain or sores where the needle was placed.

Read this leaflet and discuss any questions you have about your medicines with your doctor or pharmacist