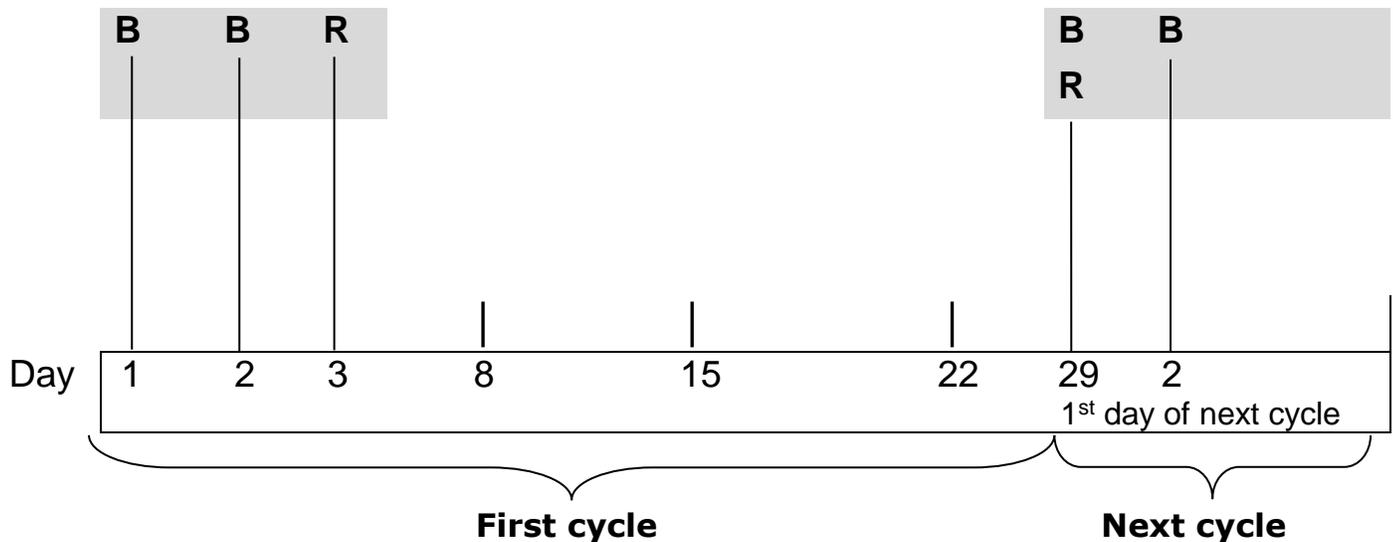


Lymphoma Chemotherapy Bendamustine and Rituxan (Benda-Ritux)

Drug	How drug is given	Day drug is given
Bendamustine	IV	1 and 2
Rituxan	IV	Day 3 of first cycle Day 1 of the rest of the cycles

You will receive 6 cycles of Benda-Ritux. Each cycle is 28 days.
Your chemotherapy schedule may be delayed because of side effects.



Rituxan

Rituxan is a monoclonal antibody, a type of chemotherapy that targets cancer cells. Allergic reactions such as fever, chills and a rash can happen while receiving it through your IV. The first IV treatment is given over 4 to 6 hours to reduce the chance of a reaction. If there is no reaction, it can be given over 90 minutes.

Side effects

- Nausea and vomiting, take anti-nausea medications, may need to take for 5 days
- Rash
- May be irritating to vein
- Low blood counts which leads to infection, fatigue and bleeding
- Change in bowel habits
- Infusion reaction

Chemotherapy – What you need to know

There will be a decrease in your blood cells. These include white blood cells, red blood cells, hemoglobin and platelets.

- **Call if any side effects seem unexpected or extreme.**
- **If you require blood, you will always require irradiated blood products.**

Contact information

Primary Team:

- Doctor: _____
- Nurse: _____ } Phone: _____
- Pharmacy: _____
- Phone: _____ Fax: _____

You will need a digital thermometer.
You can buy one at most drug stores.



If you have any of these signs of an infection call your primary doctor/nurse care team right away:



- A temperature of 38°C or 100°F or more.
This is a fever. **Do not take Tylenol, Aspirin, ibuprofen or anti-inflammatory medications without checking with your team first.** They may cause bleeding and may hide a fever. Call if you need medication for pain.
- A cough productive of coloured phlegm or sputum.
- Red inflamed skin.
- Diarrhea that does not go away.
- Increased shortness of breath.
- Pain or burning with urination.
- Sore throat.
- Watch for signs of shingles: pain, blisters or a skin rash that may look like chicken pox.

What to watch for:

- Unusual bleeding. Call us right away.
- Constipation. Use your laxatives as needed. Do not use a suppository or enema.
- Increased swelling of the feet, legs, arms and hands. Voiding less.

We encourage you to:

- Attend the chemotherapy class and read the chemotherapy book.
- Eat and drink well (at least 2 liters of non-caffeinated beverages a day).
- Practice good hygiene.
- Practice good mouth care.

Possible severe or long term side effects

- Infertility.
- Potential future bone marrow damage.

Record your experience with each cycle

Cycle	Date	Notes
1		
2		
3		
4		
5		
6		



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