

Cytosan Treatment Instructions

Today you received a dose of Cytosan. This drug breaks down in your body into by-products that can irritate your bladder. To minimize this irritation, we gave you two doses of Mesna, a drug that reduces this side effect of the Cytosan treatment.

After you leave the infusion area you will need to take two additional doses of Mesna. You should already have filled this prescription before your visit today. If you have not, please let your nurse know so that we can make sure you have the needed medication before you leave our facility. Please read the label on the medicine for exact dosing instructions and follow them closely.

Take the two additional Mesna doses three hours apart.

The specific times are noted below:

Additional Dose #1: Take Mesna _____ tablet(s) at _____ pm/am

Additional Dose #2: Take Mesna _____ tablet(s) at _____ pm/am

We also gave you additional fluid through your IV today. This helps to dilute the Cytosan by-products in your bloodstream. When you go home, make sure you drink 2 liters of non-caffeinated fluid over the next 24 hours. Coffee, Coke or other caffeinated beverages are diuretics and do not count towards this total.

In addition, please urinate every two hours around the clock for 24 hours to empty your bladder. This will lessen any irritation to your bladder lining. Cytosan may cause nausea and vomiting. We gave you an anti-nausea medicine while you were here today, but it will begin to wear off this evening. If your doctor gave you additional anti-nausea medicine, you can take it starting this evening. Do not ignore the nausea, because it's harder to control once it starts.

If you have any of the following symptoms, call the main hospital paging at 1-734-936-6267 and ask for your doctor, or whomever is on-call for him or her.

- painful urination or red urine
- black, tarry stools
- unusual bruising or bleeding
- cough
- congestion
- fever
- dizziness
- chills
- shortness of breath
- sore throat
- swelling of the feet or ankles
- nausea and vomiting
- rash

Please have the telephone number of your pharmacy ready when you call. The doctor may need it if he decides to call in a prescription for you.

Remember: **2+2+2**

- Take **2** additional doses of Mesna as ordered,
- Drink **2** liters of water over 24 hours,
- Go to the bathroom every **2** hours

Disclaimer: This document contains information and/or instructional materials developed by the University of Michigan Health System (UMHS) for the typical patient with your condition. It may include links to online content that was not created by UMHS and for which UMHS does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

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