



## Ifosfamide (Ifex<sup>®</sup>, Isophosphamide)

*At the Clinical Center referred to as ifosfamide (I-foss-fah-MIDE).*

---

**How Given:** Intravenously (by vein)

**Drug Action:** Ifosfamide stops the growth of cancer cells by binding together or breaking apart the building blocks that form DNA. DNA is the genetic material in cells used to make new cells.

**Side Effects:**

1. Bladder irritation can occur. Symptoms can include painful urination, frequent urination, or blood in your urine.
2. Nausea and vomiting can occur 1 to 3 hours after treatment and last several days.
3. Bone marrow effects can include a temporary decrease in white blood cells, platelets, and red blood cells. These usually occur within 14 days of treatment.
4. Temporary hair thinning or hair loss can begin within 2 weeks after treatment.
5. Temporary sleepiness, confusion, or disorientation can occur.

**Special Instructions:**

1. Drink 8 to 10 glasses of fluid a day beginning 1 day before and continuing for 3 days after receiving Ifosfamide.
2. You will receive a drug called mesna, to help prevent bladder irritation. Mesna can be given by vein or by mouth. Mesna is not chemotherapy, but can cause mild nausea.

3. Empty your bladder frequently, at least every 2 hours while awake and every 4 hours during the night for 2 days after receiving ifosfamide.
4. Take anti-nausea medication on a schedule as directed even if you are not having nausea.
5. Do not take aspirin or aspirin-containing products unless prescribed by your NIH doctor.
6. Call your NIH doctor or nurse if you
  - are unable to take mesna
  - are unable to drink for more than 1 day or unable to eat for more than 2 days after treatment
  - have a temperature of 101.0 °F (38.3 °C) at any time, or have a temperature of at least 100.4 °F (38.0 °C) that lasts 1 hour or occurs two times in a 24-hour period
  - have any unusual bleeding or bruising
  - have painful urination or see blood in your urine



This information is prepared specifically for patients participating in clinical research at the Warren Grant Magnuson Clinical Center at the National Institutes of Health and is not necessarily applicable to individuals who are patients elsewhere. If you have questions about the information presented here, talk to a member of your healthcare team.

Living with Cancer Chemotherapy Series  
January, 1983; draft September, 1998  
National Institutes of Health, CC  
Nursing Department

Questions about the Clinical Center? [OCCC@cc.nih.gov](mailto:OCCC@cc.nih.gov)