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The dose of bendamustine you will have depends on your weight and height, as well as any other drugs you are being treated with.

- **120mg**: The usual dose is 120–150 mg/m² of your body surface area.
- **150mg**: The infusion is administered over 30–60 minutes.

Other information about bendamustine

Women must not take bendamustine if they are pregnant, and must not become pregnant whilst taking bendamustine, as it is expected to be harmful to an unborn baby. This means you must use effective methods of contraception while on treatment and for up to 6 months after treatment has finished if you are a woman of childbearing potential or if you are a man and your partner is a woman of child bearing potential.
Bendamustine is a chemotherapy drug used in the treatment of AL amyloidosis. It belongs to a class of chemotherapy drugs called alkylating agents.

How does it work?
Bendamustine affects the abnormal plasma cells responsible for producing the light chains or paraprotein that misfold to form amyloid protein in AL amyloidosis. Treatment aims to kill the abnormal plasma cells, thereby preventing more amyloid being produced and enabling the body to clear existing deposits gradually.

Bendamustine works by damaging the DNA within the abnormal plasma cells. Damaging the DNA stops the cells multiplying and plasma cells. Damaging the DNA within the abnormal plasma cells thereby prevents the cell from dividing. Such cells that do not divide are more common in the parts of the body where there are rapidly dividing cells, i.e. the hair follicles, bone marrow, skin and the lining of the mouth and digestive tract.

Some of the most common side effects are outlined here.

Possible side effects of bendamustine

Bendamustine has a number of possible side effects which can vary considerably from patient to patient. It is important to report any side effects to your doctor or nurse as soon as possible so they can be treated or managed promptly.

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**How does it work?**

**Mechanism of action of bendamustine**

1. Parent cell
2. Daughter cells
3. Cell divides
4. Chromosomes separate
5. Mitosis
6. Mitosis continues
7. Chromosomes replicate
8. DNA synthesis

**Possible side effects of bendamustine**

**Low blood counts**
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**Headache**
Bendamustine can cause headaches. Speak to your doctor about suitable painkillers.

**Sore mouth and throat**
Bendamustine can sometimes cause a sore mouth and throat (oral mucositis) when given at higher doses, which can result in mouth ulcers and mouth infections. If this occurs, it can sometimes make eating, drinking and swallowing difficult. You may need intravenous fluids and/or nutritional supplements until you are able to resume eating and drinking normally.

It is important you maintain good oral hygiene if you have mucositis. Your nurse will show you how to keep it clean with mouthwashes and brushes or foam sticks. Your doctor can prescribe painkillers which should help to ease any pain.

**Fatigue**
Fatigue usually resolves shortly after treatment has finished. There are a number of medical and non-medical ways to help manage fatigue. For example, treatment for anaemia may reduce fatigue if it is caused by low red blood cell counts. Increasing your levels of activity and having complementary therapies such as aromatherapy or massage may also help.

**Gastrointestinal disturbances**
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You may also be given treatment for diarrhoea. Occasionally, diarrhoea can be more severe and you may need intravenous fluids via a drip. Diarrhoea can also occur if your AL amyloidosis is affecting your gastrointestinal tract. If this is the case, it should improve as your treatment for AL amyloidosis works.

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You may have some thinning of your hair but it is unlikely that you will lose it completely. Thinning or loss of your hair will usually start within two to four weeks of your first dose of bendamustine. You may also have thinning or loss of eyelashes, eyebrows and other body hair.

This is nearly always temporary and normally your hair should start to grow back a month or so after finishing treatment. During this time, you should try to avoid hair dyes and use a very mild shampoo to avoid scalp irritation.

**Effects on fertility**
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We're here for everything a diagnosis of AL amyloidosis brings

Get in touch to find out more about how we can support you

Call the Myeloma UK Infoline on
0800 980 3332

Email Ask the Nurse at
AskTheNurse@myeloma.org.uk

Visit our website at
myeloma.org.uk

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Side effects are outlined here.

Some of the most common side effects are:

- Headache
- Nausea and vomiting
- Fever
- Fatigue
- Low blood counts
- Sore mouth
- Gastrointestinal disturbances
- Hair thinning or loss

It is important you maintain good oral hygiene if you have mucositis. Your doctor can prescribe painkillers which should help to ease any pain.

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#### Treatment Guide
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We appreciate your feedback
Please fill in a short online survey about our patient information at myeloma.org.uk/pifeedback or email any comments to myelomauk@myeloma.org.uk

For a list of references used to develop our resources, visit myeloma.org.uk/references

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MyelomaUK

We're here for everything a diagnosis of AL amyloidosis brings
Get in touch to find out more about how we can support you
Call the Myeloma UK Infoline on 0800 980 3332
Email Ask the Nurse at AskTheNurse@myeloma.org.uk
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