Regimen Monograph

A - Regimen Name

BEND Regimen

Bendamustine

Disease Site

Hematologic
Lymphoma - Non-Hodgkin's Low Grade

Intent

Palliative

Regimen Category

Evidence-Informed :

Regimen is considered appropriate as part of the standard care of patients; meaningfully improves outcomes (survival, quality of life), tolerability or costs compared to alternatives (recommended by the Disease Site Team and national consensus body e.g. pan-Canadian Oncology Drug Review, pCODR). Recommendation is based on an appropriately conducted phase III clinical trial relevant to the Canadian context OR (where phase III trials are not feasible) an appropriately sized phase II trial. Regimens where one or more drugs are not approved by Health Canada for any indication will be identified under Rationale and Use.

Rationale and Uses

Relapsed indolent B-cell non-Hodgkin Lymphoma (NHL) patients who did not respond to or progressed during or shortly following treatment with a rituximab regimen.

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B - Drug Regimen

bendamustine	120 mg /m²	IV	Days 1 and 2

(This drug is not currently publicly funded for this regimen and intent)

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C - Cycle Frequency

REPEAT EVERY 21 DAYS

For up to 8 cycles unless disease progression or unacceptable toxicity occurs

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D - Premedication and Supportive Measures

Antiemetic Regimen: Moderate

Other Supportive Care:

- **Screen for hepatitis B virus in all cancer patients starting systemic treatment.** Refer to the hepatitis B virus screening and management guideline.
- Also refer to CCO Antiemetic Summary.
- Patients at risk of tumour lysis syndrome should have appropriate prophylaxis and be monitored closely.
- Hypertension should be controlled prior to starting treatment.

Pre-medication (only for patients with Grade 1 or 2 reactions with prior infusion):

- Analgesic/antipyretic (e.g. acetaminophen), corticosteroid and an antihistamine (e.g. diphenhydramine) should be considered in subsequent cycles.

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E - Dose Modifications

Doses should be modified according to the protocol by which the patient is being treated.

Dosage with toxicity

Do not re-escalate after dose modification for toxicity.

Dose levels: 120 mg/m^2, 90 mg/m^2, 60 mg/m^2

Toxicity	Modification
Grade 4 Hematologic toxicities	Delay until ANC ≥ 1 x 10^9/L, platelets ≥ 75 x 10^9/L then reduce by 1 dose level
≥ Grade 3 Hypersensitivity reaction	Discontinue
≥ Grade 2 clinically significant Non-hematologic toxicities; ≥ Grade 3 Non-hematologic toxicities	Delay until recovered to ≤ grade 1, then reduce by one dose level

Hepatic Impairment

Bilirubin		AST or ALT or ALP	Bendamustine Dose
≤ 1.5 x ULN	OR	≤ 2.5 x ULN	Caution
> 1.5 x ULN	OR	> 2.5 x ULN	Do not use

Renal Impairment

Creatinine Clearance (mL/min)	Bendamustine Dose
>80	100%
40 - 80	Caution
< 40	Do not use

Dosage in the Elderly

No dose adjustment required. No clinically significant differences in efficacy and safety were observed in those aged 65 and older and younger patients.

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F - Adverse Effects

Refer to bendamustine drug monograph(s) for additional details of adverse effects.

Very common (≥ 50%)	Common (25-49%)	Less common (10-24%)	Uncommon (< 10%), but may be severe or life-threatening
• Nausea, vomiting • Fatigue	• Diarrhea • Fever, chills • Constipation	• Anorexia, weight loss • Mucositis • Headache • Edema • Cough, dyspnea (may be severe) • Musculoskeletal pain • Rash (may be severe) • Abdominal pain • Immunosuppression, atypical infections • Abnormal electrolytes • Dizziness • Dysgeusia • Dyspepsia • Insomnia	• Arrhythmia, Prolonged QT • Arterial thromboembolism • Cardiotoxicity • Hypertension • Hepatotoxicity • Infusion-related reaction • Renal failure • Secondary malignancy • Tumour lysis sydrome • Myelosuppression • ARDS

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G - Interactions

Refer to bendamustine drug monograph(s) for additional details.

- CYP1A2 inhibitors my increase bendamustine concentration and toxicity; use with caution
- CYP1A2 inducers (including cigarette smoking) may reduce bendamustine concentration and/or efficacy

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H - Drug Administration and Special Precautions

Refer to bendamustine drug monograph(s) for additional details.

Administration:

- NHL - infuse over 60 minutes
- Bendamustine infusions should be administered in a setting where full resuscitation facilities are immediately available, and under the close supervision of someone experienced and capable of dealing with severe infusion-related reactions.
- DO NOT administer as an IV push or bolus.
- Dilute to a final concentration of 0.2 - 0.6 mg/mL in 500 mL infusion bag of 0.9% sodium chloride or 2.5% dextrose/0.45% sodium chloride.
- Reconstituted solution must be transferred to infusion bag within 30 minutes of reconstitution.
- Administer bendamustine through a dedicated line.
- Compatible with PVC or polyethylene bags.
- Do not admix with other drugs.

Contraindications:

- Patients who have a hypersensitivity to this drug or any of its components (including mannitol)
- Patients with CrCl < 40 mls/min or moderate/severe hepatic impairment
- Patients with serious infections

Other warnings/precautions:

- Avoid live vaccines, since they may result in serious or fatal infections in patients immunocompromised by bendamustine.
- Avoid in patients with relapsed indolent NHL who did not tolerate prior therapies (including other alkylating agents)
- Use with caution in patients with hypertension and patients with mild renal and hepatic impairment

Pregnancy and lactation:

- This regimen is not recommended for use in pregnancy. Adequate contraception should be used by patients and their partners while on treatment and after the last treatment dose. Recommended methods and duration of contraception may differ depending on the treatment. Refer to the drug monograph(s) for more information.
- Breastfeeding is not recommended during this treatment and after the last treatment dose. Refer to the drug monograph(s) for recommendations after the last treatment dose (if available).
- Fertility effects: Yes

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I - Recommended Clinical Monitoring

Treating physicians may decide to monitor more or less frequently for individual patients but should always consider recommendations from the product monograph.

Refer to the hepatitis B virus screening and management guideline for monitoring during and after treatment.

Recommended Clinical Monitoring

- CBC; Baseline and before each cycle
- Blood pressure; Baseline and before each dose
- Electrolytes, including sodium, potassium, magnesium and uric acid; Baseline and before each cycle
- Liver function tests; Baseline and before each cycle
- Renal function tests; Baseline and before each cycle
- Clinical toxicity assessment for infection (including CMV and herpes zoster), tumour lysis syndrome, renal, cardiac, hepatic and skin toxicity, infusion reactions and secondary malignancies; at each visit

- Grade toxicity using the current NCI-CTCAE (Common Terminology Criteria for Adverse Events) version

Suggested Clinical Monitoring

- Blood glucose; Baseline and periodic
- ECG; As clinically indicated; periodic in the setting of cardiac disorders and electrolyte imbalances
- HIV status; Baseline
- CMV testing in febrile patients; as clinically indicated

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J - Administrative Information

Approximate Patient Visit	0.5 to 1 hour
Pharmacy Workload (average time per visit)	19.35 minutes
Nursing Workload (average time per visit)	36.667 minutes

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K - References

Bendamustine drug monograph, Ontario Health (Cancer Care Ontario).

Garnock-Jones, K. Bendamustine: a review of its use in the management of indolent Non-Hodgkin's Lymphoma and Mantle Cell Lymphoma. Drugs 2010; 70(13):1703-1718.

Van der Jagt R, Lnaeuville P, MacDonald D, *et al*. A Canadian perspective on bendamustine for the tratment of chronic lymphocytic leukemia and non-Hodgkin lymphoma. *Curr Oncol* 2012; 19(3):160-167.

November 2024 Updated Premedication and Supportive Measures, Dose Modifications, Pregnancy and Lactation, and Monitoring sections

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M - Disclaimer

Regimen Abstracts

A Regimen Abstract is an abbreviated version of a Regimen Monograph and contains only top level information on usage, dosing, schedule, cycle length and special notes (if available). It is intended for healthcare providers and is to be used for informational purposes only. It is not intended to constitute or be a substitute for medical advice, and all uses of the Regimen Abstract are subject to clinical judgment. Such information is provided on an "as-is" basis, without any representation, warranty, or condition, whether express, or implied, statutory or otherwise, as to the information's quality, accuracy, currency, completeness, or reliability, and Cancer Care Ontario disclaims all liability for the use of this information, and for any claims, actions, demands or suits that arise from such use.

Information in regimen abstracts is accurate to the extent of the ST-QBP regimen master listings, and has not undergone the full review process of a regimen monograph. Full regimen monographs will be published for each ST-QBP regimen as they are developed.

Regimen Monographs

Refer to the New Drug Funding Program or Ontario Public Drug Programs websites for the most up-to-date public funding information.

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