Intravesical Mitomycin treatment
Patient information
What does the treatment involve?
Your doctor has recommended you have this treatment for your bladder cancer. You have a type of bladder cancer that affects the lining of your bladder. This type of cancer is treated with an operation called TURBT (Trans Urethral Resection of Bladder Tumour) to remove all or part of the cancer internally using telescopic instruments. This extra treatment is also given to get rid of any small areas of cancer not removed by the operation, and to also help prevent your cancer from coming back.

This treatment involves inserting a drug through a catheter, directly into your bladder, and is called “Intravesical Chemotherapy”.

This treatment is either given as a single dose shortly after your operation to remove your tumour, or as a course of six treatments, each given at weekly intervals.

Before you have your treatment
Please ensure you tell the nurse:

- About any other treatments you are having, for example, radiotherapy or any medications
- If you are planned to come into hospital for any other treatments which will coincide with this treatment
- If you are feeling unwell or feel that you may have a urine infection - this is important throughout the course of your treatment
- If you are passing a lot of blood in your urine.
How is the treatment given?

A catheter tube will be inserted into your bladder (if you do not already have one). A small amount of fluid containing the drug is then passed through the catheter into the bladder where it will need to remain for at least one hour if it is to be effective. The catheter tube is sometimes removed after the drug has been put in your bladder. During this time you can move around freely. You may sit in a chair if you wish and you do not need to remain in bed. You may experience a mild discomfort in your bladder at this time.

What happens after the treatment has been given?

Patients who have been given this treatment following surgery:

You will have the clamp removed from the catheter tube to allow the drug to drain away from the bladder. The catheter is not always removed at this point.

If you are having Mitomycin treatment as a course:

When the treatment is finished, you will be asked to pass urine into the toilet. Please do flush the toilet TWICE at this point. It is important to wash your hands thoroughly with warm soapy water afterwards. If you have difficulty getting to the toilet on time or feel you are not emptying your bladder adequately, inform the nurse caring for you. The nurse can provide you with a disposable container to pass urine into if you are unable to walk to the toilet.

Chemotherapy drugs may irritate your skin if splashed on it. If you get urine on your skin you must let your nurse know immediately who can then give you a special solution to wash your skin with.

Once you have finished your treatment for the day, you will be allowed to return home. Please make sure you have your appointment for your next treatment before you leave the department.
The drug will remain active for approximately 3 days after it has been given so you must continue to be careful when going to the toilet and when washing yourself to prevent urine from coming into contact with your skin and clothes.

- You are advised to sit down when passing urine and put the toilet lid down when flushing the toilet to prevent splashing or urine. If you spill urine on your skin wash your skin with copious amounts of soapy water.
- If you do spill urine onto your clothing, it is advisable to wash them separately to anything else. You are advised to wear disposable gloves to handle any clothing which is contaminated with urine.
- You can eat and drink whatever you want and you do not need to take any special precautions with crockery as they will not be affected by the treatment.

**Are there any side effects from the treatment?**

- This is a local treatment and will only affect your bladder.
- You may feel that you need to pass urine more frequently than normal for 2-3 days. This is due to irritation from the drug. You can help to relieve these symptoms by drinking 3 litres of fluid a day which will dilute your urine. If this persists beyond 3 days contact the urology doctor for further advice.
- You may notice that the urine has a purple discolouration for about 12 hours following the treatment. This is due to the colour of the drug.
- Although the drug used is a type of chemotherapy, you will not experience the side effects associated with other forms of chemotherapy, such as hair loss, nausea or vomiting, because the effect of the drug is just in your bladder.
Are my friends and family at risk?
No. Normal social contact will not result in contamination. You do not need to restrict your movements and normal routine at all provided you feel fit enough.

What about sexual intercourse?
You are advised to avoid having sexual intercourse for 3 days following the treatment. During the course of your treatment, it is advisable to use a condom to prevent contamination with chemotherapy drugs and pregnancy.

The information contained in this leaflet is meant to answer commonly asked questions and is not intended to replace discussion with your doctors and nurses.

If you have any more questions you can either discuss them with your doctor at your next appointment or with the nursing staff when you attend for your treatment.

Use the space below to write any questions you may have:
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