

# Having bladder instillation therapy (Mitomycin)

Department of Urology

Information for patients

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## Introduction

Your consultant has prescribed a course of treatment for you called bladder instillation therapy.

### What is bladder instillation therapy?

This is a course of treatment used to treat cancerous cells or tissues inside your bladder using a drug. The drug that has been prescribed for you is called **mitomycin**.

Mitomycin acts on cells in the bladder wall and prevents abnormalities forming or reduces any that might be present.

### How is my treatment given?

The course of treatment involves receiving one dose of mitomycin into your bladder once a week for six weeks. Your appointment dates are at the back of this leaflet.

You will be asked to attend the Bladder Treatment Centre on Day Case Unit 1, Leicester General Hospital for approximately three hours, once a week, for your treatment to be carried out by a nurse.

A catheter will be passed into your bladder.

The mitomycin will then be passed through the catheter and into your bladder. The nurse will remove the catheter and ask you to keep the mitomycin in your bladder for up to two hours. However, some patients will need to pass urine before this time and the nurse will discuss this with you at your appointment.

After two hours, you can pass urine as normal.

**Health information and support is available at [www.nhs.uk](http://www.nhs.uk)  
or call 111 for non-emergency medical advice**

Visit [www.leicestershospitals.nhs.uk](http://www.leicestershospitals.nhs.uk) for maps and information about visiting Leicester's Hospitals  
To give feedback about this information sheet, contact [InformationForPatients@uhl-tr.nhs.uk](mailto:InformationForPatients@uhl-tr.nhs.uk)

## Are there any preparations I need to make?

Before you attend for treatment you can eat breakfast as normal, but it is important that you only have one small drink (half a cup) as your bladder needs to be empty and this will help you when holding the mitomycin inside your bladder.

There are a number of items you may want to bring with you to the unit such as:

- a dressing gown and slippers
- a book or magazine
- a watch
- any medications you are taking.

## Are there any side effects I need to be aware of?

The nurse carrying out your treatment will be there to support you and answer any questions you may have regarding your treatments. She/he will also provide advice and information on what side effects to expect following your treatment.

The side effects you may experience are as follows:

- blood in the urine
- stinging or soreness when passing urine
- urgency/frequency on passing urine
- irritation around your genital area
- rash - this is rare.

These symptoms are perfectly normal and may last for 48 hours following treatment.

You may take paracetamol following treatment if it helps relieve some of your symptoms. If you develop a rash after treatment, you must contact the unit. You may be asked to attend the unit for assessment by a doctor.

**Do not hesitate to contact the unit if you are unwell. You may be developing an allergic reaction or infection.**

## Is there anything I need to do after treatment?

After each treatment you will need to drink plenty of fluids (approximately two litres or three to four pints) for the first 24 hours in order to flush the mitomycin out of your bladder. You also need to ensure the following procedures are carried out at home for six hours after treatment:

- wash your hands and genitals after passing urine
- put bleach down the toilet after passing urine and let it stand for 30 minutes before flushing
- flush the toilet twice and then clean the toilet seat with bleach
- do not use creams or emollients on your skin. The absorption of creams and emollients into the skin can be increased by mitomycin therefore making some creams potentially more harmful.
- You are advised to use condoms during sexual activity to prevent contamination of your partner for the first 24 hours.

## Is there anything I should tell the nurses?

You need to inform the nurses of any medications you are taking or changes to your regular medications.

If you develop symptoms of a urinary tract infection (UTI) you may require antibiotics to clear the infection before treatment can continue.

## Appointment dates

The following appointment dates have been arranged for you to attend for bladder instillation therapy.

Please ring the unit if you are unable to attend for any reason.

<b>Week</b>							
<b>Day</b>							
<b>Date</b>							

## What will happen when my course of treatment has finished?

Approximately 12 weeks after your last treatment you should automatically be sent an appointment for a check cystoscopy. This allows us to assess how effective your treatment has been. Your consultant will inform you of any further regular appointments.

**Remember: attending these appointments is important in treating your bladder tumour effectively.**

**If you have any concerns or questions, please contact the nurse on the unit using the numbers in this leaflet.**

**Contact numbers****Bladder Instillation Nurse Specialist  
(for issues related to treatment side effects)**

Monday to Friday 7.30 am - 6.00 pm 0116 258 4191

**Urology Oncology Nurse Specialists (key workers)  
(for more general support relating to cancer)**

Monday to Friday 9.00 am - 5.00 pm 0116 258 4637

**Urology Nurse Specialists**

Monday to Friday 9.00 am to 5.00 pm 0116 258 4635

**Outside these hours**

Urology Emergency Admissions 0116 258 4247 (24 hours, seven days a week)

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔  
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।

Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

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