



A guide to...

Intravesical mitomycin chemotherapy treatment

Patient Information

Urology Department
Watford General Hospital
Hemel Hempstead Hospital
St Albans City Hospital

This advice sheet is to help answer any questions you may have about your treatment.

A URINE SAMPLE IS REQUIRED BEFORE EACH TREATMENT

Effects of treatment

The treatment causes an immune reaction in your bladder lining that will help you to shed any bladder cancer cells after your TURBT (tumour resection) and hopefully prevents any recurrence.

Your recommended treatment will be discussed with you when you attend your appointment with your oncologist or urologist.

The treatment is given in clinic as an outpatient by a urology nurse specialist.

If you feel unwell, or are unable to make the appointment, please let us know as soon as possible.

Length of treatment

Your treatment will run over six consecutive weeks

Exceptions to this will be made for patients having difficulty with weekly instillations.

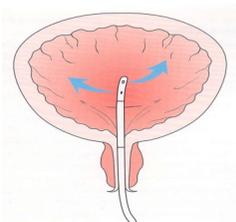
What is involved in the treatment?

Before the first treatment is given you will be asked questions about any previous illnesses, operations or medication you may be taking. Please bring a list of current medicines with you. You will then be asked to verbally consent to the treatment.

Please bring a urine specimen or when you arrive in the clinic please take a urine sample pot and provide a sample; we will test this to make sure there is no infection. If there were then we would have to postpone the treatment and prescribe some antibiotic, as infection makes complications more likely.

How the treatment is given

A fine tube called a catheter will be passed into your bladder and the Mitomycin will be administered through this.



You will be allowed home and for maximum effect please hold the Mitomycin for at least one hour before emptying it out into the toilet, if this is not possible then as long as you can. Please report the length you held the Mitomycin to the nurse on your next visit.

Ways to make your treatment more comfortable

Drink at least three to four pints (two litres) of water every day during your six weeks of treatment.

- **DO NOT** drink anything for **two hours** before your treatment, this will reduce the amount of urine you make so you can be comfortable and retain the Mitomycin in your bladder for the hour.

You should eat breakfast.

If you need to take tablets in the morning please do so, with as little water as possible. If you take diuretic medicines (“water tablets”), you should take them after treatment or at least six hours before the appointment.

Instructions after treatment

Once the one hour has passed, go to the toilet and empty your bladder. You should sit down when passing urine for the first time after treatment. This reduces the risk of urine splashing and causing irritation of the skin. One cup of bleach (or equivalent) should then be added to the contaminated urine before flushing away. The patient should then be advised to wash the genital area with soap and water. Make sure you wash your hand thoroughly.

Drink at least 2-3 litres of fluid a day for the first 48 hours following treatment to help flush the treatment out of the bladder.

If you are having sexual intercourse you will need to use a condom for 48 hours to protect your partner.

Potential side-effects

- Inflammation of the bladder lining
- Soreness or pain in bladder
- Passing urine more often than normal
- Haematuria (blood in urine)
- Soreness of skin in the area around the openings to the bladder
- Skin rash (rare)

You must inform the nurse of any side effects on your next attendance.

A cystoscopy will be arranged for you after your course of treatment is completed. Please contact the hospital if you do not hear about this appointment.

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Useful Telephone Numbers

Watford General Hospital	01923-244366
Uro-oncology nurse specialists	01923-436651
Urology nurses specialists	01923-217729
Mr Banks' secretary	01923-217521
Mr Shah's secretary	01923-217052
Mr Shaikh's secretary	01727-897147
Mr Roux's secretary	01727-897116
Mr Arumuham's secretary	01923-217064

Further information

How to contact us

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If you need this leaflet in another language, large print, Braille or audio version, please call **01923 217 187** or email **westherts.pals.nhs.uk**



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