

# Bladder Instillation

You are being treated with a drug(s) called

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This/these medication(s) is/are used to treat and prevent the recurrence of bladder cancer. **You should have received a handout about the medication(s) you are being treated with.**

## Frequently Asked Treatment Questions

### *How is a bladder instillation given?*

A nurse inserts a catheter (small tube) into the bladder. All the urine in your bladder is drained and then the medication is instilled into the bladder.

### *How long does the medication have to stay in my bladder?*

Depending on your treatment, the medication needs to remain in your bladder for either one or two hours.

To reduce the urge to urinate, it is important that you do not drink fluids for four to eight hours before your treatment. If you are on a diuretic (water pill), you may have to postpone taking it until after your treatment as it may interfere with you being able to hold the medication in your bladder. Please tell your doctor if you are on a diuretic.

### *What happens after the drug is instilled into the bladder?*

If you are able to retain the medication, the catheter is removed and you will be asked to lie on your stomach for 15 minutes. After the 15 minutes, you can get up and move around as usual. It is important that you do not stay in the same position for more than 15 minutes. Moving around ensures the medication comes into contact with the entire inside of your bladder.

### *After the treatment is finished can I use the toilet normally?*

There are different safety precautions you need to follow depending on your treatment:

- *Bacillus Calmette-Guerin (BCG) (with or without interferon)*– After retaining for two hours, pour two cups of household bleach into the toilet prior to urinating. Close the toilet lid once you are done and wait 15 minutes, then flush the toilet twice. Repeat this before each urination for six hours following treatment. The bleach will deactivate any traces of the drug in your urine. Urine is to be voided in a sitting position for 6 hours after treatment.
- *Chemotherapy (Mitomycin/Doxorubicin/Epirubicin/Gemcitabine)* – After retaining for one to two hours, urinate into the toilet. You should sit to urinate for at least 6 hours after your treatment to prevent splashing of the medication. Close the lid of the toilet and flush the toilet twice.



***Are there any safety precautions I need to take when using the bathroom?***

Washing with soap and water is sufficient. For six hours following your treatment wash your hands and perineum carefully after each urination. Doing this minimizes your chance of skin irritation/rash.

Ensure you are cleaning the toilet when there is splashing to reduce risk of exposure to others.

For treatments using BCG (with or without interferon) clean the toilet with one ounce of bleach in one cup of warm water.

For treatments with chemotherapy (Mitomycin/Doxorubicin/Epirubicin/Gemcitabine) you can clean the toilet with normal house hold cleaners.

***Do I need to be careful when handling laundry/clothing soiled with bodily fluids?***

You or your caregiver should wear disposable gloves when handling laundry soiled with your body fluids. Wash soiled laundry twice with regular detergent in a washing machine using hot water. Wash the items in a load separate from other laundry.

If soiled laundry cannot be washed right away, place the items in a sealed plastic bag. Put this bag in a second garbage bag and tie it tightly. Keep the items separate from other laundry until it can be washed. Dispose of the sealed plastic bag and garbage bag in the garbage bin.

***Can I eat or drink after the treatment?***

To flush your bladder and to minimize side effects drink at least 8-12 cups of liquid (i.e. water or fruit juice) a day for one week following your treatment and urinate frequently. This may need to be adjusted by your doctor. Avoid tea, coffee, alcohol, and cola drinks as they may increase bladder irritation.

***Can I have sex after my treatment?***

Refrain from having sex for one week after each treatment. If a condom is used correctly and does not tear, you may choose to have intercourse during this time.

The effect of treatment on sperm, eggs or a baby during pregnancy is not known. It is best to use a reliable birth control while being treated. Tell your doctor right away if you or your partner becomes pregnant. Do not breast feed when you are getting treatments.

***Do I need to tell my doctor or dentist I am getting these treatments?***

Yes. Prior to receiving any prescriptions or treatment you should tell your doctor, dentist, and any other health professionals that you are being treated with this medication.

**If you have any other questions or concerns please contact your physician.**

***What side effects can I expect?***

Do not retain the medication for longer than the prescribed time as this can increase the severity of side effects.

Common side effects are:

- urinary frequency and urgency to urinate
- pain or burning while urinating
- small amount of blood in urine
- low grade fever (less than 38°C)
- flu like symptoms (chills, joint pain, muscle aches, abdominal pain, night sweating, fatigue and nausea)

Side effects usually last two to three days.

If you have any symptoms of rash, shortness of breath, wheezing, and/or swelling of face you may be having an allergic reaction. If you are in the clinic – tell your nurse. If you are at home - get emergency help immediately by calling 911.

If you have symptoms of worsening abdominal pain, fever greater than 38°C, shaking chills, severe sore throat, productive cough, and/or cloudy or foul smelling urine you may have an infection. Tell your doctor immediately.

If you have symptoms of bloody urine, black tarry stools, pinpoint red spots on skin, and/or increased bruising, you may have bleeding problems. Contact your physician or get emergency help immediately by calling 911.

Contact:

- Allan Blair Cancer Centre (Regina): 306-766-2213