

Your Guide to Bladder Instillation Treatment



Procedures, Infusions, Tests



**Cancer Care
Alberta**

Table of Contents

- A. Types of bladder cancer..... 1
- B. Treatment for superficial bladder cancer 2
- C. What should I know before I get this medication? 4
- D. How do I prepare for my treatment? 4
- E. What happens during my treatment?..... 6
- F. What do I need to do after treatment? 6
- G. Safety at home 7
- H. Side effects 10



Write down the contact numbers for your nurse, hospital, clinic, or cancer centre here:

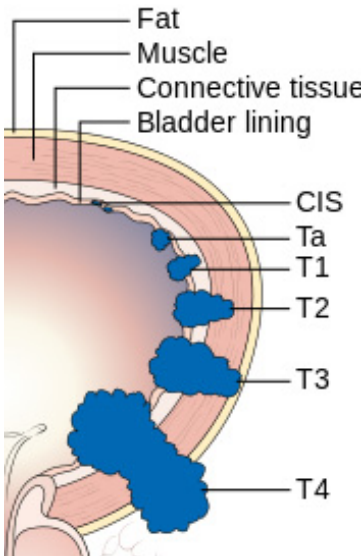


A

Types of bladder cancer

There are 2 main categories for bladder cancer:

- **Superficial** - the cancer is found on the inner layer of the bladder. About 8 out of 10 new patients have superficial tumours.
- **Invasive** - the cancer has spread into the muscle layer and beyond.



Wikipedia

The deeper the cancer grows into the bladder wall, the more difficult it is to treat. For this reason, it is important to diagnose and treat the disease at an early stage.

Superficial Bladder Tumours

There are 2 types of superficial bladder cancer. They can happen on their own or in combination with each other:

- **Papillary tumours** are small, finger-like tumours. They have a tiny stem that attaches to the inner layer of the bladder. They often grow toward the centre or hollow part of the bladder without growing into the deeper layers
- **Carcinoma in situ (CIS)** - these tumours run flat along the lining of the bladder

B Treatment for superficial bladder cancer

Superficial bladder cancer can be treated by putting medications directly into the bladder. This is called **bladder instillation** or **intravesical therapy**. The medications work on tumour cells on the inner lining of the bladder to help keep the cancer from coming back (recurrence). It is a treatment often used after surgery.

There are 2 different types of medications that can be used:

1. Immunotherapy

Your body's immune system cells switch on to find cancer cells that may be left in your bladder. This helps to stop new tumours from growing. You will usually get weekly treatments for 6 weeks.

Your doctor will then decide about future treatments.

BCG (Bacillus Calmette–Guérin)

BCG is a type of vaccine made from an inactive form of the tuberculosis bacteria. When BCG is placed in your bladder, it irritates the cells in the bladder lining.



2. Chemotherapy

Chemotherapy is the use of certain drugs to destroy cancer cells or to prevent new cancer cells from growing. It is also known as “chemo.” Chemotherapy drugs that go into your bladder instead of into your bloodstream will affect the bladder more directly. This can help to decrease side effects.



There are several different chemotherapy drugs used to treat bladder cancer:

- Mitomycin**
- Gemcitabine**
- Docetaxel**



Other medications may interfere with the effectiveness of your treatment.

Do not start taking new medications or herbal products without checking with your doctor or pharmacist. Tell your doctor, nurse, or pharmacist if you are taking any other prescription or non-prescription medicines, vitamins, or herbal products.

C

What should I know before I get this medication?

There are some things that can affect how well the treatment will work for you. Make sure you tell your doctor or nurse at every appointment if you:

- have any allergies
- might be, or are, pregnant or breastfeeding
- were recently immunized
- were recently on, or are on antibiotics now
- have blood in your pee or pain when you pee
- get infections often
- have an immunosuppressant disease, current immune system deficiency, or are taking immunosuppressive treatment such as steroids
- **are taking blood thinners**

D

How do I prepare for my treatment?

Follow this information before each treatment:



Can I eat before I come in for my treatment?

Yes. Eat a good breakfast, lunch, or both before you come for your treatment. Food will not affect your treatment.



Can I drink anything before my treatment?

Do not drink anything **4 hours** before your treatment. Your bladder must be as empty as possible when you come in for your treatment. During your treatment, **do not drink anything**. You will need to hold your pee for the entire treatment time, which can be up to 2 hours.



Do not drink coffee or caffeine drinks the day of your treatment. These drinks can irritate your bladder and make you feel like you have to pee more. They may also make you feel more uncomfortable after your treatment.



Am I allowed to take my medications?

Take your medications as usual with small sips of water.



Do **not** take a “water pill” (diuretic) like Furosemide (Lasix®), until 2 hours after your treatment.

I am diabetic. Am I allowed to take my diabetes medication?

Yes. Take your insulin or diabetes pills just like normal. Take any pills with small sips of water.



How long will my appointments be?

The length of treatment depends on the type of medication you are getting. Ask your nurse to estimate the time for you.



Before each treatment, tell your nurse if you have:

- a fever — you may have an infection
- immune system problems
- a urinary tract infection
- pain when you pee
- blood or blood clots in your pee
- any new medical problems

E What happens during my treatment?

Your prescribed medication will be put directly into your bladder using a thin tube (a catheter). This only takes a few minutes. The catheter is usually removed after the medication is put in. Sometimes, it may be left in place until the end of your treatment.

Try to hold the medication in your bladder for as long as you are instructed.

F What do I need to do after treatment?



When can I start to drink fluids?

Hold the medication for as long as you can (the entire treatment time is best). You may drink fluids once you pee for the first time.



When can I go back to my normal activities?

Do your regular activities, such as driving a car, right after your treatment.

Listen to your body. If you feel tired during any activity, slow down and rest. If you have concerns, talk to your nurse or doctor.



Tell your nurse if you had a fever, chills or felt unusually tired after your last treatment.

G Safety at home

These medications are strong, so there are some things you or your caregiver need to do to keep you and the people (and pets) around you safe.

Why do I need to be careful at home?

Medication in your bladder will leave your body through your pee. If people or pets come in contact with affected waste or fluids, it can be harmful and cause side effects. See pages 8-10 for the safety precautions you need to follow for **6 hours after you finish each treatment**.



Is it safe to have contact with others when I am having these treatments?

Yes. Being with your loved ones is important. Eating together, enjoying favourite activities, hugging, and kissing are all safe.



Is it safe to be sexually active?

Only if you follow these instructions:

Do not have sex at all for 24 hours after your treatment.

After 24 hours, wear condoms when you have sex for 1 week after **each** treatment.

You and your partner should also **avoid getting pregnant** during treatment.

Your health care team may give you more information.



Is it safe to breastfeed?

No. It is not safe to breastfeed while on this treatment.



It's important to follow the instructions for **Safe Handling of Waste and Body Fluids** during your treatment and for **6 hours** after you finish **each treatment**.

Safe Handling of Waste and Body Fluids



Using the toilet:

- It is safe to use the same toilet (septic or city sewage) as other people
- Men should sit when using the toilet to keep pee from splashing

<input type="checkbox"/> BCG	<input type="checkbox"/> Chemotherapy
<ul style="list-style-type: none">• After you pee, add 2 cups of bleach to the toilet• Put the lid down and wait 15 minutes• Flush the toilet	<ul style="list-style-type: none">• After you pee, put the lid down• Flush the toilet 2 times right away

- Wash any skin that touched your pee or poop
- Wash your hands well with soap and water
- Use your own hand towel or paper towel, if possible
- To clean any pee that drips or spills, follow the instructions in the next section (page 9)



What if I spill my body waste (pee and poop)?

- Always wear disposable gloves
- Use paper towels, toilet paper, or disposable absorbent pads to soak up as much of the spill as possible
- See page 10 for instructions on how to dispose of the garbage
- Wash the area well by **following the instructions below that match the type of treatment you had:**



Disposable nitrile gloves give the best protection when you're handling body fluids and waste. You can buy them at your local pharmacy.

BCG Treatment

- Carefully place paper towel over spill
- Mix 1 tbsp (15 mL) of household bleach with 5 tbsp (75 mL) of water and pour onto paper towel (the amount of bleach/water solution should be about the same as the amount of the spill)
- Let the solution sit for 15 minutes
- Wipe up and throw away paper towel
- Clean the area with soapy water
- Wash your hands well with soap and water

Chemotherapy

- Wash the surface well with soap and water 3 times
- Clean any waste on the toilet with soap and water, including the lid and handle



What do I do with soiled laundry?

- Wear disposable gloves when handling the soiled laundry
- Wash separately from other clothes and linens
- Wash through 2 complete washing machine cycles before you wear or use them again



What do I do with the garbage?

Anything that may have come in contact with your body fluids must be handled with care. Wear gloves when you handle anything soiled.

- Put things you cannot flush down the toilet in a garbage bag, and tie it tightly
- Put this bag into a second garbage bag
- Remove your gloves and throw away into the second garbage bag also. Tie it tightly
- Wash your hands well with soap and water
- Once the garbage is double-bagged, you can throw it out with your regular garbage
- Keep garbage away from children and pets



Pregnant or breast-feeding women should not handle anything that contains your bodily fluids.

H Side effects

Side effects are different depending on the type of medication you have. Review the information below on what to watch for, and how to manage side effects. You may not experience all of these side effects.

Side effects usually begin within 2 to 4 hours of treatment and go away within 48 hours. If any of these symptoms last longer than 48 hours, contact your health care team.

Immunotherapy (BCG)

Side effect	What to do
Needing to pee a lot or pain and burning when you pee	<ul style="list-style-type: none"> • Drink lots of fluids and empty your bladder often the day you have treatment
Flu-like symptoms (headaches, chills, muscle aches, and fatigue) which may happen a few hours after treatment and last for 24 to 48 hours	<ul style="list-style-type: none"> • Rest in bed as needed • Take acetaminophen (such as Tylenol®) regularly if needed for minor aches and pains Be sure to check your temperature each time before you take acetaminophen • If flu-like symptoms are not relieved by plain acetaminophen (Tylenol®) or last longer than 48 hours, contact your doctor or nurse
Small amounts of blood clots in your pee for 24 to 48 hours after treatment	<ul style="list-style-type: none"> • Contact your healthcare team if you have more than small amounts of blood or clots that last more than 24 hours
Signs of infection including fever, chills, or sweats	<ul style="list-style-type: none"> • Take acetaminophen (such as Tylenol®) regularly for fever that occurs in the first 48 hours. Be sure to check your temperature each time before you take acetaminophen • If fever is greater than 38°C (100.4 F) or the fever happens more than 48 hours after treatment, contact your doctor

These effects usually begin within 2 to 4 hours of treatment and go away within 48 hours.

Chemotherapy (Mitomycin, Gemcitabine, or Docetaxel)

Side effect	What to do
Needing to pee a lot or pain and burning when you pee	<ul style="list-style-type: none"> • Drink lots of fluids and empty your bladder often the day you have treatment
Bladder spasm, abdominal cramping, difficulty peeing	<ul style="list-style-type: none"> • Contact your doctor if this is severe or ongoing
Small amounts of blood clots may appear in the urine for 24 to 48 hours after treatment	<ul style="list-style-type: none"> • Contact your healthcare team if you have more than small amounts of blood or clots that last more than 24 hours
Skin irritation in areas of contact with drug (often genital areas exposed to the drug when you pee)	<ul style="list-style-type: none"> • Wash affected areas each time with soap and water (up to 6 hours after treatment)
Signs of infection, including fever and chills	<ul style="list-style-type: none"> • Contact your doctor right away if your fever is above 38°C (100.4°F)
<p>*Docetaxel only: Facial flushing or warmth, mild nausea, and rarely, skin rash</p>	<ul style="list-style-type: none"> • Report these to your health care team immediately
<p>*Mitomycin only: A skin rash on the genitals, palms of hands, or soles of feet (this is rare)</p>	<ul style="list-style-type: none"> • Report this to your health care team immediately

Contact your healthcare team at the number they provided if you have any questions or concerns.

**When should I contact my doctor,
or treatment clinic, or hospital?**

If you have these symptoms for longer than 24 hours, or they start right after your treatment:

- High fever and infection that won't go away
- Shaking and chills
- Nausea and vomiting
- Headache or dizziness
- Coughing
- Blood in your pee
- Skin rash
- Joint pain
- Severe pain when you pee
- Any other abnormal condition

**Be sure you tell all of your healthcare providers
(including your dentist)**

- the name of your bladder treatment drug
- when you had your last treatment

**Ask your doctor questions if you have any
concerns about your condition or treatment.**

Find other Alberta cancer care resources at your cancer centre and online:

www.cancercarealberta.ca

This book is meant to support the information your healthcare team gives you. It does not replace any information that your healthcare team gives you.

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Cancer Care Alberta

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