Intravesical instillations for bladder cancer—mitomycin
Urology Directorate

Where can I get more information?
Cancerbackup
Telephone: 0808 800 1234
Website: www.cancerbackup.org.uk

The Prostate Cancer Charity
Telephone: 0800 074 8383
Website: www.prostate-cancer.org.uk

UCLH cannot accept responsibility for information provided by external organisations.

Contact details
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Please use the contact numbers above if your symptoms remain severe after two to three days or you have any questions or concerns.

If you need a large print, audio or translated copy of this document, please contact us on 0845 155 5000 or 020 3456 7890, ext 74022. We will try our best to meet your needs.

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Introduction
Your doctor has discussed intravesical instillations as part of the ongoing treatment for your bladder cancer. You may have had a cystoscopy and/or biopsy of your bladder. The tumour may have been removed surgically. This is called a TURBT (transurethral resection of a bladder tumour). However, tumours will come back in between five to seven out of every ten people (50 to 70 per cent) (BaCup).

If this happens, the tumours can usually be surgically removed while they are still in the early stages. However, some people may also need to have chemotherapy treatment. This is usually given directly into the bladder. The anti-cancer drug used is mitomycin C. This drug has been found to improve your chances of delaying the tumours growing again.

What does having the treatment involve?
The drugs may be given once, immediately after the transurethral removal of the bladder tumour (i.e. immediately after surgery), or as a course of weekly outpatient treatments, for about six weeks.

The solution of the drug is placed in your bladder through a catheter (a flexible tube). This is called installation. Giving chemotherapy in this way puts the drugs into direct contact with the cancer cells in the lining of the bladder.

It also causes very few side effects, as very little gets into the bloodstream to affect the rest of the body.

You will be asked to hold the solution in your bladder for at least an hour before emptying it out into the toilet.

What are the side effects of intravesical chemotherapy?
- Inflammation of the bladder lining
- Soreness or pain in bladder
- Passing urine more often than normal
- Soreness of skin in the area around the openings to the bladder
- Skin rash (rare)

Please use the contact numbers on this sheet to inform us of any side effects as your treatment may have to be suspended or stopped if they are too severe.

How often will I have treatment?
You will have weekly treatments for:

__________________________________________________________________________

__________________________________________________________________________

What happens afterwards?
- Drink plenty—at least a litre and a half of fluids—to flush out the bladder
- Empty your bladder frequently to help prevent bladder problems
- For the first six hours after emptying the drug out of your bladder be sure to sit down when passing urine. This will lessen the chance of urine splashing and causing irritation of the skin
- Wash your hands with soap and water every time you finish urinating
- Flush the toilet each time you urinate