You have been diagnosed with bladder cancer and your treatment is described in this booklet.

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.

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 - these are small, finger-like tumours. They have a tiny stem that attaches them 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.

How is superficial bladder cancer treated?

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 the tumour cells on the inner lining of the bladder and help keep the cancer from coming back (recurrence). It is a treatment often used after surgery.

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

1. Immunotherapy
   
   Your own body’s immune system cells switch on to affect cancer cells that may be left in your bladder and help stop new tumours from growing. This is called Immunotherapy. You will usually get weekly treatments for 6 weeks and your doctor will 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 starts to irritate the cells in the bladder lining.
Interferon

Interferon treatment boosts your immune system to attack the cancer cells.

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 that is put into the bladder, instead of injecting it into the bloodstream has a direct effect on the bladder and 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.
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 every time 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 urine or pain when urinating
- get infections often
- have an immunosuppressant disease, current immune system deficiency, or are taking immunosuppressive treatment such as steroids
- are taking blood thinners

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 **starting 4 hours** before your treatment. We need your bladder to be as empty as possible when you come for your treatment. During your treatment, we prefer that you do not drink anything, as you will need to wait to urinate 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 urinate more often, or may make you feel more uncomfortable after your treatment.

I am diabetic. Am I allowed to take my diabetes medication?
Yes. Take your insulin or diabetes pills just like normal. If you take pills, take them with sips of water. Be sure to eat as you normally do.

Am I allowed to take my other regular medications?
• Do not take a “water pill” or diuretic, such as furosemide (Lasix®), until you urinate after your treatment. If you usually take your water pill first thing in the morning, it will be hard for you to hold the medication in your bladder for the entire time.
• You may take other medications at your normal times with a sip 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 urinating
• Had blood or blood clots in your urine since your last treatment
• Any new medical problems

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

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 and usually the catheter is removed after the medication is in. However, it may be left in place until the end of your treatment.

Try to hold the medication for the entire time you are instructed to.

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 urinate 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.

Safety at Home

These medications are strong, so there are some special 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 urine. If people or pets come in contact with affected waste or fluids, it can be harmful and they could also get 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 taking 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?
Yes it is, 24 hours after treatment when you follow these instructions:

• Do not have sexual intercourse at all for 24 hours after your treatment.

• After 24 hours, wear condoms 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 breast feed?
No. It is not safe to breast feed 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 urine from splashing

<table>
<thead>
<tr>
<th>BCG</th>
<th>Chemotherapy &amp; Interferon</th>
</tr>
</thead>
<tbody>
<tr>
<td>After you urinate, add 1 cup of bleach, put the lid down and wait 20 minutes, then flush the toilet 1 time</td>
<td>After you urinate, put the lid down and flush the toilet 2 times right away</td>
</tr>
</tbody>
</table>

- Wash any skin that touched urine or stool
- Wash your hands well with soap and water
- Use your own hand towel or paper towel if possible
- **To clean any urine drips or spills**, follow the instructions in the next section (page 9).
What if my body wastes spill?

- 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, following the instructions below that match the type of treatment you had:

□ **BCG Treatment**

- Mix 1 tbsp (15 mL) of liquid bleach with 1 cup (250 mL) of water in a spray bottle.
- Spray the surface that has come in contact with urine.
- Leave the bleach mixture on the affected area for 20 minutes.
- Clean the area with soap and water.
- Wash your hands well with soap and water.

□ **Chemotherapy & Interferon**

- 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.
Your Guide to Bladder Instillation Treatment

What do I do with soiled laundry?
- Wear disposable gloves when handling the soiled laundry
- Wash them 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 (including gloves) in a garbage bag, and tie it tightly.
- Put this bag in a second garbage bag. Remove and throw away your gloves 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 out of reach of children and pets.

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

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

### Immunotherapy (BCG or Interferon)

<table>
<thead>
<tr>
<th>Side effect</th>
<th>What to do</th>
</tr>
</thead>
<tbody>
<tr>
<td>Frequent urination or pain and burning when urinating</td>
<td>• Drink lots of fluids and empty your bladder often the day you have treatment</td>
</tr>
</tbody>
</table>
| Other symptoms you may experience include flu-like symptoms (headaches, chills, muscle aches and fatigue) which may occur a few hours after treatment and last for 24 - 48 hours. | • 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 may appear in the urine for 24-48 hours after treatment | • Contact your health care 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

• 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 2-4 hours of treatment and go away within 48 hours.

**Chemotherapy**
*(Mitomycin, Gemcitabine or Docetaxel)*

<table>
<thead>
<tr>
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<th>What to do</th>
</tr>
</thead>
<tbody>
<tr>
<td>Frequent urination or pain and burning when urinating</td>
<td>• Drink lots of fluids and empty your bladder often the day you have treatment</td>
</tr>
<tr>
<td>Bladder spasm, abdominal cramping, difficulty passing urine</td>
<td>• Contact your doctor if this is severe or ongoing</td>
</tr>
<tr>
<td>Small amounts of blood clots may appear in the urine for 24-48 hours after treatment</td>
<td>• Contact your health care team if you have more than small amounts of blood or clots that last more than 24 hours</td>
</tr>
<tr>
<td>Skin irritation of areas in contact with drug (often genital areas exposed to the drug during urination)</td>
<td>• Wash affected areas each time with soap and water (up to 6 hours after treatment)</td>
</tr>
<tr>
<td>Signs of infection including fever and chills</td>
<td>• Contact your doctor right away if your fever is above 38°C (100.4°F)</td>
</tr>
</tbody>
</table>
Contact your health care team at the number they provided you if you have any questions or concerns.

<table>
<thead>
<tr>
<th><em>Docetaxel only:</em></th>
<th></th>
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<tbody>
<tr>
<td>Other symptoms you may experience include facial flushing or warmth, mild nausea and rarely, skin rash.</td>
<td>Report these to your health care team immediately</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><em>Mitomycin only:</em></th>
<th></th>
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</thead>
<tbody>
<tr>
<td>A skin rash on the genitals, palms of hands or soles of feet (this is rare).</td>
<td>Report this to your health care team immediately.</td>
</tr>
</tbody>
</table>

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**When should I contact my doctor or Treatment Clinic or hospital?**

If you have these symptoms for longer than 24 hours, or if you develop them 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 the urine
- Skin rash
- Joint pain
- Severe pain when you urinate
- Any other abnormal condition

⚠️ **Be sure you tell all of your health care 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.**