

# Mitomycin-C Therapy Intravesical Treatment for Bladder Cancer

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Your doctor has recommended that you be treated with Mitomycin-C Therapy. Mitomycin-C is an **intravesical** therapy. Intravesical is when a liquid medicine is placed into your bladder through a catheter, a thin, flexible tube.

Mitomycin-C is the best treatment for your type of bladder cancer. It lowers the chance that your cancer will return or continue to grow. Mitomycin-C is a chemotherapy drug. However, because it put into your bladder, it does not usually have the same side effects as chemotherapy that is given through an intravenous (IV) catheter into your blood. This treatment is safe and has few side effects. This treatment is usually given 1 time each week for 6 weeks.

## Before Your Treatment

- **Do not** drink anything 4 hours before your treatment.
- Empty your bladder right before your treatment starts.
- You will be given a form, called the Quantitative Symptom Score Sheet to write down any symptoms that you have.
- On the day of your first treatment, you will fill in the Pre-Treatment column on the form. Your nurse will help you fill out this information.
- Bring your Quantitative Symptom Score Sheet with you to each visit. It is important to fill out the score sheet around the same time each day. Your nurse will talk with you about your symptoms before your treatment.

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**This handout is for informational purposes only. Talk with your doctor or health care team if you have any questions about your care.**

## On the Day of Your Treatment

- You will be asked to undress from the waist down and will be given a sheet to cover yourself.
- Your nurse will ask you to lie on your back on the exam table.
- Tell your nurse if you are allergic to iodine or shellfish.
- Lidocaine gel, a numbing medicine, will be placed into your urethra to make the catheter placement more comfortable. Your urethra is the tube that carries urine out of your body.
- The catheter will be placed into your urethra to let the urine drain from your bladder.
- Once the urine is drained, Mitomycin-C will be placed into your bladder through the same catheter.
- After the Mitomycin-C is given, the catheter is removed to keep the medicine in your bladder.
- You will need to lie flat for **15 minutes** after the procedure. After 15 minutes, you will be able to get up, wash your genital area and get dressed.
- You will wear a pad in your underwear to soak up any liquid that may leak out.

## After Your Treatment

- **Do not** drink anything for 2 hours after your treatment. After 2 hours, drink plenty of water to flush your bladder.
- To keep the Mitomycin-C in your bladder, do not urinate for at least 2 hours, if possible. After 2 hours, you may urinate as needed. **Do not** hold your urine for longer than 3 hours.
- You will need to write down how long you held the medicine in your bladder on your Quantitative Symptom Score Sheet. Your nurse will ask you for this information at each visit.
- You may return to your normal activities.

## Safety Guidelines

- **Use the same toilet** in your home each time you urinate.
- To keep from splashing or spraying, **sit on the toilet when you urinate.**
- **During the first 6 hours after treatment, follow these steps each time after you urinate:**
  - ▶ Wash your hands and genital area with soap and warm water each time after you urinate to keep your skin from being irritated.
  - ▶ **Before you flush,** close the lid of the toilet.
  - ▶ Any clothes or linens that have urine on them should be washed on the hot cycle in a washing machine. Wash soiled laundry separately.
  - ▶ If urine splashes or spills on the floor, toilet seat or other areas, clean it up using dish soap or laundry detergent and water. Rinse with clean water.
- **If you are sexually active, you or your partner must wear a condom** during treatment and for 1 week after your last treatment.

## Side Effects

After your Mitomycin-C treatment, you may have blue-colored urine. This is normal and should go away after you urinate 1 to 2 times.

**These symptoms usually do not last longer than 3 to 5 days.** There are medicines that can reduce side effects. Tell your doctor or nurse if you have any of the following symptoms:

- Fever
- Frequent urination
- Urgent need to urinate
- Blood in your urine
- Burning while you urinate
- Bladder spasms or pain
- Arthritic or joint pain
- Flu-like symptoms

**Call your doctor right away if you have a temperature greater than 101.5 degrees Fahrenheit (38.6 degrees Celsius) or higher.**