

PATIENT INFORMATION

Bladder Chemotherapy

What does this treatment involve?

You will be asked to come to the hospital as an outpatient once a week for 6 weeks on a Wednesday afternoon. Your first appointment will take about an hour and a quarter; the remaining visits will only take 15-20 minutes.

The treatment involves giving a liquid medication directly into the bladder via the urethra ('waterpipe'); this has anti-tumour properties and is specifically formulated for the treatment and prevention of certain forms of bladder cancer.

Before your treatment ...

Please telephone the **Urology Nurses** on **01284 712806** at least one day before your treatment if you are unwell and are unable to attend. Your appointment will remain the same unless informed otherwise.

How is the treatment given?

A fine, lubricated plastic tube called a catheter is passed into the bladder through the urethra and the medication (about a third of a teacup of coloured liquid) is given through it. The catheter is then removed completely. You will be asked not to go to the toilet for the next hour in order to hold the medication inside the bladder, allowing it to treat the bladder lining.

On your first visit you are advised to stay at the hospital for this hour and pass your water (mixed with the medication) before you go.

If all goes well, you may travel home with the medication 'on board' for the remaining weeks, and pass water at home at the end of the hour.

It does not matter too much if the medication stays inside your bladder for slightly longer than the hour, but there is no further benefit after an hour and it should not be held for more than 2 hours.

To make your treatment more comfortable – beforehand

Please do not drink any fluids for 2-4 hours before your treatment, this will help you produce less urine and you will then find it easier to hold on for the hour afterwards. You may eat as normal.

If you take a diuretic medication ('water tablet'), you would be wise to leave this until after your treatment that day.

To make your treatment more comfortable – afterwards

Once you have passed the medication out in your urine, drink a little more than usual to flush your bladder through.

If any of your medication-stained urine splashes onto the toilet seat or nearby surfaces, soak it up with a tissue or toilet paper so that the area is thoroughly dried, and flush the paper away. You **do not** need to use bleach or disinfectant on the area.

Always wash your hands and genitals with ordinary soap and water after you have passed the medication; it is a strong chemical solution and contact with your skin should be avoided. On your first visit you might wish to bring a small wash bag with soap, flannel, etc, for your wash.

Are there any side effects?

After your treatment you may notice ...

- Discomfort on passing urine (like 'cystitis')
- Frequent passing of urine
- Some blood in the urine

These symptoms will usually settle if you drink plenty to 'flush the system'. If they do not improve, contact the Urology Nurse Practitioner at the hospital (on 01284 712806) or your GP.

Less commonly, some patients experience ...

- Rash on the hands, feet or trunk;
- Rash or raw areas around the genitals.

If these occur, you may find it is relieved by an antihistamine either in tablet form or a cream applied to the affected area.

This type of chemotherapy **will not** result in hair loss or make you sick or nauseated.

Three months after completion of your treatment we will have a look in your bladder (cystoscopy) under general anaesthetic so that biopsies can be taken to assess whether or not the treatment has worked. You will receive further information on this procedure in due course.

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