Mitomycin-C Bladder Therapy

For patients having Mitomycin-C therapy to treat bladder cancer

Read this pamphlet to learn about:

- what it is
- how to prepare for it
- what to expect during therapy
- what to do when you get home

Where to find us:
TGH Cystoscopy Clinic
2NU (Room 291)
Toronto General Hospital
Phone: 416 340 3882
What is Mitomycin-C Bladder therapy?
Mitomycin-C is a type of antibiotic that is only used in cancer therapy. It slows or stops the growth of cancer cells in your body.

Mitomycin-C is a clear blue or purple liquid. For the therapy, we put this liquid into the bladder using a catheter (tube).

How will I get Mitomycin-C therapy?
You will get the therapy from a Registered Nurse in the Cystoscopy Unit.

1. Your nurse will place a small catheter (tube) into your bladder through your urethra. This will empty any urine.

2. Your nurse will then put a small amount of Mitomycin-C solution into your bladder through the catheter. This is called an instillation.

3. The nurse will remove the catheter. He or she will then ask you to hold the solution in your bladder for 2 hours. This may be hard for some patients. Try to hold it as long as possible (but not longer than 2 hours).

4. You can go home right after the instillation.

How often will I need to have Mitomycin-C therapy?
Your urologist will decide how many rounds of therapy you will need.

You will have a test called a cystoscopy about 6 weeks after each round of therapy. This test will check your bladder for any new tumours.
### Schedule of therapy

<table>
<thead>
<tr>
<th>Therapy Type</th>
<th>Frequency</th>
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<tbody>
<tr>
<td>First round of therapy</td>
<td>Once a week for 6 weeks</td>
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<tr>
<td>Rest period</td>
<td>2 to 3 months</td>
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<tr>
<td>Maintenance therapy (if needed)</td>
<td>Once a week for 3 weeks</td>
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<td></td>
<td>You may have this again, as often as needed. There will be a rest period after each treatment.</td>
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### What should I do to prepare?

**On the morning of your therapy:**

1. **Phone the Cystoscopy Department at 416 340 3882** for screening. You will be asked a few questions to make sure your therapy can go ahead.

   We use this screening for these reasons:
   
   - We can order your medicine and have it ready when you arrive.
   - We need to know if you have had any signs of infection, or a reaction from your last treatment. If this happens, we may need to change your therapy to another time.

   **If you do not phone in for your screening, your therapy will be delayed.**

2. **Do not drink for at least 4 hours before your therapy.** This is to make sure your bladder is not full. To keep your mouth moist, you can sip a little liquid. You can eat that morning.

3. **Do not take any diuretic medicine (water pills) before your therapy.** You can take diuretic medicine 4 hours after your Mitomycin-C therapy. You can take other medicines before therapy with a sip of water, if needed.
What to do after your therapy

You need to treat your urine (pee) at home after you pee. This is important because Mitomycin-C is toxic (or poisonous) to living cells. Professionals use this very carefully only to treat the cancer cells in your bladder. You must be careful that you and others do not come into contact with this solution.

To put as little of the toxic medications into the environment as possible, you have to treat your pee differently.

Protect the environment by following these steps:

1. **Treat your pee each time you go to the bathroom.** You will need to do this for 6 hours after your treatment.

2. Have 1 large bottle of household bleach (5.3 litres).

3. After you pee, pour 2 cups of household bleach into the toilet with the urine. Let it sit for 15 minutes.

4. Men should sit when they pee. This helps to make sure the pee does not splash up and out of the toilet bowl.

5. After 15 minutes, close the toilet lid. Then flush the toilet. Make sure the toilet lid is down to stop any splashes outside of the bowl.

6. Wash your hands with soap and water after you go to the bathroom.

If you spill pee on the floor, toilet seat or other area, you will need to clean it well with bleach mixture. Mix about 2 tablespoons of bleach in 1 cup of water. Flush the tissue down the toilet. Allow the area to dry. Wash your hands with soap and water.
What side effects could I have?
Most patients do not have major problems, but you may have some side effects. These can start a few hours after treatment and may last 1 to 2 days.

The most common side effects are:

• you feel like you have the flu:
  ▪ low fever (less than 38.5 °C)
  ▪ chills
  ▪ headaches
  ▪ muscle aches or joint pain

• you have to urinate often, or pain when you urinate

• traces of blood in the urine

• urinating at night

• feeling very tired

These side effects usually last less than 2 days. If you feel any burning or pain, have to urinate often, or see blood in the toilet bowl, drink about 4 glasses of water. This will help to flush your bladder.

If you wish, you can take plain Tylenol to feel more comfortable. Talk to your pharmacist to check if Tylenol is right for you.

Call your urologist if you have any of these symptoms for more than 48 hours:

• a rash

• a fever greater than 38.5 °C

• blood in your urine

• you have to urinate often

• have a burning feeling when you urinate
Go to your nearest emergency department right away if you have any of these signs soon after your therapy:

- dizziness
- a fast heart beat
- swelling of your face
- breathing problems

**Can I have sex after my Mitomycin-C therapy?**

Do not have sexual intercourse for 24 hours after having Mitomycin-C therapy.

For 1 week after each therapy, be sure to wear an internal or external condom when having sex with your partner.

**What else do I need to know?**

Talk to your doctor before you:

- have any dental work
- have any vaccinations
- start taking any new medicine

**Who should I talk to if I have questions?**

Call your urologist if you have any more questions about Mitomycin-C therapy.

Visit [www.uhnpatienteducation.ca](http://www.uhnpatienteducation.ca) for more health information. Contact us to provide feedback or request this brochure in a different format, such as large print or electronic formats: [pfep@uhn.ca](mailto:pfep@uhn.ca)