

Mitomycin treatment
for
Superficial bladder cancer

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Consultant Urological Surgeon

What is Mitomycin and are there any side effects?

Mitomycin is a cytotoxic drug commonly used to treat superficial bladder cancer.

With this type of chemotherapy the drug is placed into the bladder and comes into direct contact with the cancer cells in the lining of the bladder. It also helps prevent the cancer recurring.

Because it is placed directly into the bladder, the side effects that are commonly associated with chemotherapy nausea, vomiting and hair loss will not affect you.

The main side effect is irritation of the bladder which may increase the frequency and urgency that you need to pass urine.

Your urine may be discoloured for a couple of days.

You may notice a rash on your hands or groin area for a couple of days after treatment.

If any of these symptoms persist after 3 days, you notice blood in your urine or it becomes cloudy or offensive smelling you may have a urine infection, please contact your G.P or your specialist nurse.

Where and how often is the treatment given?

Treatment is given at the Lister hospital and QE II.

In most cases you will be treated at the hospital that your Urologist works from.

A course of treatment is usually six consecutive weeks for approximately 1-2 hours each week. You will be given an appointment time. If this time is not suitable please do not hesitate to inform us. Every effort is made to keep appointment times but sometimes unavoidable delays may occur.

What do I do before treatment?

You need to reduce your fluid intake prior to treatment. This is so that the chemical in your bladder is not diluted. We advise that you don't have anything to drink for at least 4 hours before treatment. If you need to take your regular medication with sips of water then please do. You can continue to eat as normal. If you are on diuretics (water tablets) please inform us so that we can advise you on when to take them.

How is the Treatment given?

A small catheter tube will be passed into the bladder; the Mitomycin will then be drained slowly down the catheter into the bladder. It is a small amount of liquid 40mls (3 tablespoons). The catheter is then removed and you will be asked not to pass urine for the next hour. During this time you will be asked to lie on your front, back, left and right side for 15 minutes each, this will ensure that the Mitomycin comes into contact with your entire bladder.

If during this time you are desperate to pass urine please inform the nurse who will bring you a urinal. After the hour you will be asked to pass urine into a urinal or designated toilet.

Men should pass urine sitting down this is to avoid splashes to the skin. After passing urine it is important to wash your hands thoroughly.

If at any time you think you may have leaked urine please inform the nurse immediately.

What do I do after treatment?

Most of the Mitomycin will be passed out the first time you pass urine, to assist flushing out the remainder you will need to increase your fluid intake over the next 24 hrs. Men will also need to continue sitting down to pass urine for the next 12 hrs. After passing urine you will need to add two cupfuls of household bleach to the toilet bowl, leave for 15 minutes then flush. Do this for six hours.

If you wish to have sexual intercourse within the next 48 hrs it is advisable to use a condom. After 48 hours there is no need to worry.

If you are planning a family the manufacturer of Mitomycin recommends that you wait up to three months after completing treatment.

Can I drive after treatment?

Most patients are well enough to drive home but please remember you may have increased urgency and frequency and this may effect your concentration.

Will I need any more treatment?

Your urologist will need to inspect your bladder at regular intervals; this may be every 3 months to begin with decreasing to once a year if no recurrences are found.

Why am I having this treatment?

The aim of this chemotherapy is to reduce your risk of getting more tumours on your bladder lining. Chemo into the bladder will reduce your risk by about 40%. It may also reduce the risk of the cancer becoming more aggressive.

Please use this page to write down any questions you may have.

What can I do to help myself?

Doctors and scientist have discovered that certain chemicals in urine may help bladder cancer develop.

Some of these chemicals are found in tobacco smoke, which is why smoking is known to cause bladder cancer in some people and why, if you smoke, you must seriously try to stop.

If you have any worries or concerns before treatment begins please do not hesitate to contact us.

Pinehill Hospital 01462 422822

Lister Hospital 01438 781077.

If you need any other advice or information about bladder cancer. Our Uro-Oncology Specialist Nurses can be contacted.

Helen Stoker

Anne Bradley

Jayne Dingemans

Monday-Friday on 01438 781521

or 01438 314333 bleep/ext 5544

Patient information bladder chemotherapy

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