Mitomycin C Bladder Treatment

Patient Information

This leaflet aims to explain about Mitomycin treatment, that your consultant would like you to have after your recent operation.

What are Mitomycon bladder instillations?

Mitomycin is a type of chemotherapy that can be given directly into the bladder through a catheter (a thin hollow tube). Given in this way, as a bladder instillation, it has direct contact with the lining of the bladder, and, because very little passes into the bloodstream there are few side effects.

Why are you having this treatment?

• At the time of your operation to remove a bladder tumour(s) you also had a biopsy (sample of tissue) sent to the laboratory. The biopsy results will be discussed with you either at the out-patient clinic or at your appointment for your first treatment.
• Mitomycin given into the bladder can help to stop the tumour(s) from coming back.

What preparation is needed?

• Drink as little as possible for about 2 hours before your treatment. The kidneys then produce less urine and this stops the Mitomycin being diluted in the bladder.
• If you take water tables (diuretics) we suggest that you wait until after your treatment each week before taking these. Take all other medicines as normal.
• You can bring something with you to read if you wish.

On arrival at the hospital

Please check in at the Day Bed Suite at the time stated in your letter. You will be in the ward for approximately 2 hours. Your named nurse will introduce her/himself and show you to a room. You will be given a full explanation about the procedure and any questions you have will be answered.

What you should expect

It is a quick and simple procedure. A catheter is inserted into the bladder and the Mitomycin (a purple/blue fluid) is put through the catheter into your bladder. The catheter is then usually removed. You will be asked not to pass urine for one hour after this. During this time you may lie down, sit, or, walk around (if you are able). If you experience discomfort or are worried please let a nurse know.

After the treatment

After one hour you must go to the toilet to pass urine, most of the drug is passed out at this time in your urine.

• Men should sit down to pass urine to avoid accidental spillage on yourself or elsewhere.
• You should wash around the genital area with soap and water following your treatment, facilities are provided for this.
• You will be provided with bleach to put down the toilet after you pass urine. The toilet can then be flushed as normal.
• Ensure that you drink plenty of fluids following your treatment each week. This helps to dilute your urine, lessen irritation and lessen the risk of developing a urine infection.
• For the day of your treatment try to avoid drinks containing caffeine e.g. coffee, tea, cola as they can irritate the lining of your bladder further.
• To protect your partner, men are advised to use a condom during sexual activity for 24 hours following treatment.

Possible side effects

Most patients experience very little in the way of side effects with Mitomycin. However, you may experience:

• Frequent visits to the toilet to pass urine, usually in the first 24 hours after the instillation.
• Local (in the genital area) or general skin rash that may be itchy. If this happens contact both your GP and the Day Bed Suite as we may need to stop your treatment.

  Remember – these symptoms usually disappear once treatment is finished.
• If symptoms of an infection persist e.g. cloudy, smelly urine, pain on passing urine or high temperature please contact your GP and the Day Bed Suite. You may need antibiotics and your treatment postponed.

Important – in the UK cigarette smoking is one of the most important risk factors for developing bladder cancer. Stopping smoking can help to reduce the chance of your bladder cancer coming back. If you want information about stopping smoking please ask your GP, or the nurse at the Day Bed Suite, or the NHS smokeline number is 0800 84 84 84.

Follow Up

You will usually be sent an appointment to come back for a check cystoscopy (telescope examination of the bladder) about six weeks after your treatment has finished.

If you do not hear anything from the hospital please telephone your consultant's secretary.

Contact numbers

Staff at the Day Bed Suite can be contacted Monday to Thursday 08:00 – 19:30 hours and Friday 08:00 – 16:00 hours. If you experience any problems related to your treatment, or need advice, you can contact us on the number below:

Day Bed Suite: 0131 537 1327

Your consultant is .....................

Secretary's tel no ..........................