

BCG Instillation

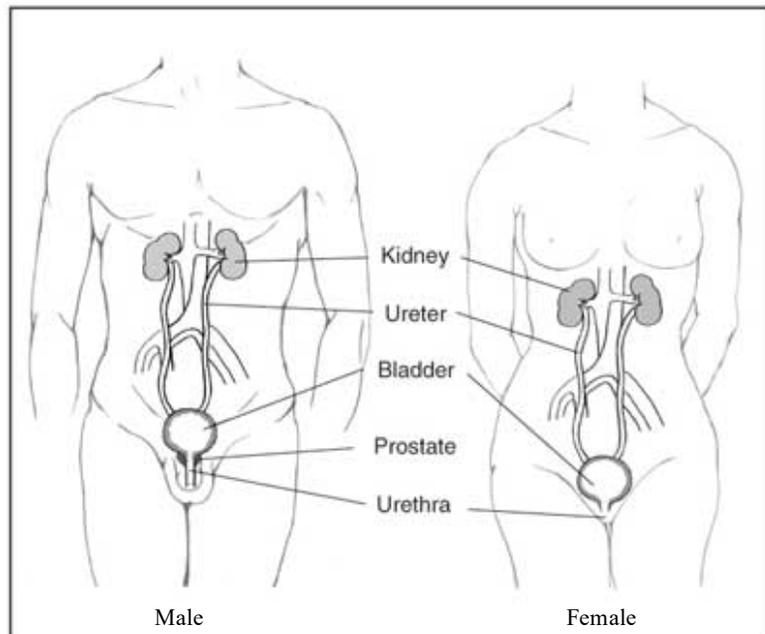
Throughout your treatment, you will follow a specific plan of care. Your plan will depend on your diagnosis.

This information provides an overview of your care path. From this material, you will learn what you must do and what will happen as we work together toward your recovery. Although this material covers standard treatments, each patient receives individual care.

The bladder is an elastic, muscular organ that collects and stores urine. See image. It is located in the lower front area of the abdomen. Two tubes called ureters carry urine down from the kidneys to the bladder. The urine leaves the body through another tube called the urethra.

You have been diagnosed with superficial bladder cancer. The cancer cells are limited to the bladder surface or just below.

Your doctor recommends that you begin therapy with **BCG (Bacillus Calmette-Guérin)** vaccine to treat your bladder cancer. You will receive a series of 6 BCG treatments over 6 weeks. If needed, you will receive additional maintenance treatments after the first 6 weeks. BCG is a form of immunotherapy made up of a live, but weakened bacterial preparation. Originally developed as a vaccine to prevent tuberculosis, BCG is also used to treat certain bladder cancers.



The kidneys and nearby organs
(Reprinted with permission from the National Institute of
Diabetes and Digestive and Kidney Diseases, National
Institutes of Health)

Your Care Team

Many different health care providers will take care of you. Your care team may include several doctors and nurses, your care partner and others. Sometimes you may feel overwhelmed. Talk with your team about your diagnosis and treatment. They are here to help with any needs or concerns you may have.

Preparing for Treatment

- **Stop smoking.** If you smoke, try to stop. Smoking is associated with an increased risk of bladder and kidney cancers. Programs are available to help you and/or your loved ones stop smoking. For more information, ask your doctor or nurse.
- Your doctor may request a number of tests and lab studies before your treatment. You may have a urinalysis before your treatment. A urinalysis uses an indicator strip dipped into a urine sample to test for the presence of any blood or infections you may have.
- Be sure to tell your doctor about all the medicines you are taking, including over-the-counter medicines, vitamins and herbal supplements.

Getting Ready at Home

- Take only those medicines approved by your doctor.
- On treatment day, wear comfortable, loose-fitting clothes that are easy to remove.
- Bring these educational materials with you to your appointment.

Day of Treatment

- Report as directed 30 minutes before your appointment. It is important to be on time for your appointment because the BCG may be mixed in advance.
- Your team will explain the benefits and risks of the treatment to you. They will also answer questions you may have.
- At the beginning of each series of treatments, you will be asked to sign a consent form.

Before Treatment

- **Do not** drink any fluids for 4 hours before your treatment.
- Empty your bladder just before treatment.
- A nurse will check your blood pressure, pulse, breathing rate and temperature. You will be taken into an exam room where you will change into a gown. You will be washed with an iodine solution. **If you are allergic to iodine or shellfish, tell your doctor.**
- Your genital area will be cleaned with a sterile solution, and you will be draped with a sterile sheet. A nurse will then place a catheter into your bladder (pass a tube through your urethra) to remove excess urine.

During Treatment

- The BCG is placed into the bladder with a catheter (a small flexible tube). The instillation only takes a few minutes.
- The BCG should remain in your bladder for 2 hours. You will receive home care instructions before you leave.

After Treatment

- Two hours after the treatment, urinate in a sitting position to expel the treatment. This will prevent the medicine from getting outside the toilet. Afterward, flush and thoroughly rinse the toilet with chlorine bleach. **It is important to wash your hands and genital area with a mild soap afterward.**

- You will need to repeat these steps each time you urinate for 8 hours after the treatment.
- Drink about 64 to 80 ounces of fluid every day.

Home Care

- You may resume your regular diet.
- Each time you urinate after receiving treatment, clean the toilet bowl with 1/2 to 1 cup of chlorine bleach. Keep the bleach in the toilet bowl for 15 minutes before flushing. Repeat these steps for 8 hours after treatment. For example, if your treatment was at 1 p.m., repeat the steps until 9 p.m.
- Wash your hands every time after you urinate.
- Wash your genital area with a mild soap and rinse well with water after urinating for the same period of time. Uncircumcised men should retract the foreskin before cleansing the area.
- You may notice blood in your urine. Your doctor can tell you how long to expect this, but this usually lasts only 1 to 2 days after treatment.



Contact your doctor right away if you:

- Have a cough or flu-like symptoms that last for more than 3 to 4 days after treatment
- Have a fever of 101°F (38.3°C) or higher and/or chills
- Have bright red blood in your urine that does not improve after drinking 64 to 80 ounces of fluids every day or if you have increased bladder irritability
- Cannot urinate or you feel pain when urinating
- Have pain that is not managed

Resources

The GU Center Urology Clinic

Mays Clinic, Floor 7, near Elevator U
Monday through Friday, 8 a.m. to 5 p.m.
713-745-7575



Emergency Care

In case of an emergency, call 911 or go to the nearest hospital emergency center. The MD Anderson Acute Cancer Care Center is open 24 hours a day, every day. From Holcombe Boulevard, turn at Entrance Marker 3. The entrance is on Bates Street for patient drop off only. You can park in Garage 2. From inside the Main Building, go to Floor 1, near The Pavilion entrance.

United Ostomy Associations of America

800-826-0826

www.ostomy.org

A volunteer-based health organization dedicated to providing education, information, support and advocacy for people who have had or will have intestinal or urinary diversions.