

## What is Mitomycin-C treatment?

Mitomycin-C is used to treat non - invasive bladder cancer and for the prevention of recurrence. This type of cancer is also known as superficial bladder cancer.

Mitomycin – C is a chemotherapy drug which is used to destroy cancerous cells in your bladder. It does little damage to your normal healthy bladder lining. 50mls of purple coloured fluid is inserted directly into your bladder through a catheter to treat the entire lining of your bladder.

Mitomycin -C treatment is normally given once a week for 5 – 6 weeks. You will also have regular check cystoscopies.

## Are there any reasons why I should not have Mitomycin-C treatment?

(You should not receive treatment if any of the following apply to you)

- ✓ Urinary Tract Infection.
- ✓ Visible blood in your urine.
- ✓ Sepsis.
- ✓ Pregnant /breastfeeding or planning to become pregnant.

## What are the side effects?

Most patients do not have any major problems with this treatment, but you may experience:

- ✓ Bladder infection.
- ✓ Some bladder discomfort.
- ✓ Urinary frequency.
- ✓ Blood/debris in your urine.
- ✓ Tiredness/fatigue.

Drinking plenty of fluids after each treatment can help prevent these problems. If these symptoms last longer than 24 hours or if your urine smells offensive, inform your GP.

You will not get side effects often associated with chemotherapy, such as hair loss and nausea and vomiting as the Mitomycin- C is put into your bladder and not injected into your veins.

## Taking other medication.

Please inform the Urology Doctor and Nurse if you are taking antibiotics or diuretics.

## What should I do before my treatment?

You should try to reduce your fluid intake for at least **2-3 hours** before your Mitomycin-C treatment - particularly if you tend to pass urine frequently.

Please bring a urine sample to your appointment.

## What happens at each treatment?

On your first treatment you will be asked to stay for 1 hour.

You will be asked to empty your bladder before treatment.

A catheter will be passed into your bladder, to remove any remaining urine and to put the Mitomycin-C into your bladder, the catheter is then removed.

The treatment needs to remain in your bladder for 1 hour, after 1 hour you must empty your bladder to remove the Mitomycin-C.

## What do I do after each treatment?

Pass urine as normal into a toilet after 1 hour. Men are advised to sit down to avoid the drug splashing onto the skin. Your urine will be coloured purple.

Wash hands/genital area with soap and water each time after passing urine, for 6 hours after your treatment

## All the urine you pass for 6 hours after treatment should be treated as

**contaminated.** Disinfect the toilet with 2 cups of undiluted household bleach; leave this for 15 minutes before flushing. Ensure no one uses the toilet whilst it is being disinfected.

It is advised to either refrain from sexual intercourse or use a condom for 24 hours after treatment.

## What happens next?

At the end of your treatment, you will have a follow up cystoscopy and may need to have further doses of Mitomycin-C. Please check with your Urology Nurse when your next cystoscopy is due.

**Further Information:**

**Macmillan Cancer Support.**

[www.macmillan.org.uk](http://www.macmillan.org.uk)  
Telephone: 08088080000

**Fight Bladder Cancer.**

<http://fightbladdercancer.co.uk>  
Telephone: 01844 351621.

**Contact us:**

If you would like any further information or help,  
please contact the Urology Nurses,

Telephone: **01803 655009/656204**  
(Monday – Friday, 09.00hrs – 17.00 hrs).



**PATIENT  
INFORMATION**

**Your Mitomycin-C  
Treatment**