
What is Mitomycin treatment?

- Mitomycin is a type of chemotherapy used to treat superficial bladder cancer (cancer which affects the bladder lining not the bladder muscle).
- It is used to destroy any cancer cells left in the bladder after surgery.
- It is put into the bladder through a catheter and reduces the risk of your cancer coming back.
- Mitomycin is given either as a single treatment after an operation to remove bladder cancer or as a course given once a week for 6 weeks.

Are there any reasons why I should not have Mitomycin?

- If you are allergic to Mitomycin.
- If you have a urinary tract infection (UTI).
- If you are taking immunosuppressive medication or have a disorder of your immune system.
- If you have a bleeding disorder
- If you are breast-feeding.
- If you are pregnant, possibly pregnant or trying to conceive.

Is there anything I need to do before my treatment?

- You should not drink fluids for 4 hours before treatment. One glass of water may be taken with breakfast. You can eat normally. By drinking less your kidneys will produce less urine. This will help prevent dilution of the Mitomycin, making it easier for you to hold it in the bladder.
- If you normally take water tablets (diuretics) either take them after your treatment is completed or at least 6 hours before. This will reduce the amount of urine produced and will enable you to hold the Mitomycin in the bladder.

What happens during treatment?

- You will be asked to pass urine so that your bladder is empty.
- Your urine will be tested to make sure it is not infected.
- A catheter (hollow tube) will be passed into your bladder through your water pipe (urethra) to drain any remaining urine. Mitomycin is then put into the bladder through the catheter.
- The catheter will then be removed. In some cases the catheter may be left in the bladder whilst you are having your treatment. If this is so, the catheter will be clamped to keep the Mitomycin in the bladder.
- You will be asked not to pass urine for 1 hour; this will enable the Mitomycin to destroy the cancer cells.
- You can walk about when the Mitomycin is in your bladder, this will help it to work on the whole of the bladder.

How long will the treatment take?

- You will need to keep the Mitomycin in the bladder for 1 hour.

What to do after your treatment.

- When the Mitomycin has been in the bladder for 1 hour you will be asked to pass urine into the toilet (men should sit rather than stand to pass urine to prevent splashing). If the catheter was left in the bladder during your treatment, the Mitomycin will be drained back into a bag before the catheter is removed.
- After this time you will be able to go home. You should feel well enough to drive yourself home after the treatment.
- If you are elderly or have stability problems, you should arrange for a friend or relative to collect you.
- If you would like something to drink you can now do so.
- Sex – you should use a condom if you have sexual intercourse/oral sex within the first 24 hours.
- You will be able to carry out your normal activities after treatment and there are no restrictions on driving, returning to work etc.

Please make sure you know when your next treatment or appointment will be before you leave

Are there any special precautions I should take at home?

- For the first 6 hours after treatment you should continue to sit down when passing urine. This reduces the risk of splashing onto your skin or around the toilet. Washing around the genital area with soap and water after passing urine during this time is recommended.
- After passing urine, pour 2 cups of undiluted household bleach into the toilet and let it stand for 15 minutes before flushing. Ensure no one uses the toilet during this time or before flushing
- Make sure you wash your hands thoroughly after urinating
- After 6 hours no precautions are needed.

Are there any possible side effects from the treatment?

Normally there are few side effects. If they do develop they usually begin within 3-4hrs after treatment and last up to 24hrs.

Common side effects include:-

- Pain/burning/blood when passing urine
- Needing to pass urine frequently (bladder irritation, cystitis)

Drinking 2 litres of fluid, unless advised otherwise, and avoiding tea/coffee for 24 hours will help flush any remaining drug out of the bladder and ease the above symptoms. These side effects are all due to the effect of the treatment on the bladder and are nothing to worry about. They should improve after 2-3 days.

Contact your GP/Nurse immediately if:-

- Symptoms persist for more than 3 days
- Urine is cloudy/offensive smelling
- Temperature $>38^{\circ}\text{C}$,
- Skin rash

You need to inform them that you have had Mitomycin treatment.

What follow up will I be given?

After you have completed your treatment you will be booked to have a flexible cystoscopy in 8-12 weeks time to see if the treatment has worked. This is normally done using a local anaesthetic unless your doctor tells you otherwise.

If you have any questions or concerns, please find below contact numbers for the Urology wards and Urology nurses:-

Urology Wards:-

D5 West on:- 01633 – 234040 / 234041 (24 hours)

Urology Day Ward on:-

Tel. No:- 01633 – 656378 / 656377

Monday – Friday office hours

Urology Outpatients Department on:-

Tel. No:- 01633 – 234979

Monday – Friday office hours

Janet Marty, Uro-Oncology Specialist Nurse on:-

Tel. No:- 01633 – 656143

Monday – Friday office hours

Maureen Hunter, Urology Nurse Practitioner on:-

Tel. No:- 01633 – 234758

Monday – Friday office hours

Julie Simpson, Uro-oncology Specialist Nurse on:-

Tel. No:- 01633 – 238976 / 01837 - 732081

Stef Young, Pre-admission Nurse Practitioner on:-

Tel. No:- 01633 – 234533

Monday – Friday office hours

Reference:

Kyowa 2003 Intravesical Mitomycin – C “Timing is everything”

**“This document is available in Welsh /
Mae’r ddogfen hon ar gael yn Gymraeg”.**