



# INTRAVESICAL CHEMOTHERAPY

## Why do I need this done?

If your doctor has arranged for you to have this procedure, this leaflet gives you the basic facts on what is going to happen to you and your body, in an easy to understand way. Intravesical chemotherapy using Mitomycin C (MMC) is a procedure that patients have following surgery or biopsy for bladder cancer. It involves exposing the bladder lining to MMC which reduces the chance of your bladder cancer returning following surgical removal.

## What to expect before the procedure ?

MMC therapy is typically performed as an outpatient procedure and you will be awake. Prior to the procedure it is important you follow your surgeon/hospital's instructions which may include additional investigations, medication changes and/or a short course of antibiotics. You should contact your treating team if you have symptoms of urine infection prior to the procedure. Upon arrival to the hospital facility, another urine sample will be taken to ensure there is no urinary tract infection. If there is no infection you will be able to proceed with the procedure.

## What to expect during the procedure ?

After cleaning the genital area with antiseptic solution, numbing gel is applied to the natural pee hole (the urethra). A catheter is then inserted into the bladder to enable delivery of the MMC preparation into the bladder. The catheter is then removed and you will be asked to not pass urine for the next hour to allow the medicine the time to work. Your hospital may allow you to leave after this and pass urine at home.

## What to expect after surgery

It is normal to experience the side effects for 2-3 days after MMC therapy:

- Painful and/or frequent urination.
- Small amount of blood in urine.
- Flu-like symptoms such as headache, low-grade fever, poor appetite, low energy, shivers.
- You will be given specific safety instructions to follow. It is advisable to avoid sexual intercourse for at least 24 hours after each treatment.

## Going home tips

MMC can make you feel tired and under the weather. Take it easy for a couple days. If you are experiencing painful urination, over the counter medication such as Ural can help. Drink plenty of water. It is normal for there to be a small amount of blood in your urine for 2-3 days after the procedure.

## You might also experience:

COMMON	OCCASIONAL	RARE
Minor side-effects (as mentioned above)	Failure to complete treatment due to bladder discomfort Urethral scarring Urine infection requiring antibiotics	Severe pain on instillation that persists after you have emptied your bladder Allergic reaction to MMC Long-term bladder shrinkage and reduced bladder capacity

## Next steps

Typically, you will receive MMC therapy once a week for 6 weeks, which is known as the 'induction' phase. After this, many people move on to a 'maintenance' phase where they receive further doses every 4 weeks for up to a year. Bladder cancer can recur during or after MMC treatment, so regular follow-up bladder examinations (cystoscopies) are important.

