

Bladder Instillation



This handout explains what to do before and after your bladder treatment. It also explains common side effects and when to call your healthcare team for help.

What is Bladder Instillation?

Bladder instillation is a procedure done to give medicine directly into your bladder. Your provider will place a small tube called a catheter into your bladder. The medicine will then be put into your bladder through the catheter.

A common medicine used in this procedure is called *BCG* (Bacillus Calmette-Guerin). BCG is a type of treatment that helps your body fight bladder cancer. If your provider has recommended a different medication, see "After Mitomycin or Other Chemotherapy Treatment" section below.

Before Your Appointment

For **4 hours before your treatment**:

- Drink less fluid. For example, if you normally have 2 glasses of water, drink only 1.
- Avoid drinks with caffeine, such as coffee, tea, and energy drinks.
- Avoid water pills (diuretics).

After Your Appointment

Your goal is to hold the BCG in your bladder for 2 hours. Try not to pee for **1 to 2 hours** after treatment.

BCG can be harmful to other people, so it is important to follow safety steps after your appointment.

For the next 6 hours after you pee for the first time:

- **Sit down to pee.** This helps prevent pee from splashing.
- Do **not** use public toilets or pee outside.
- After you pee, pour 2 cups of undiluted bleach into the toilet.
- Close the toilet lid and wait 15 to 20 minutes. Then flush.
- After you pee for the first time, drink more fluids. This helps make your urine less concentrated.
- Use a different bathroom from other people in your home, if you can.

Sex During BCG Treatment

If you are sexually active, use a condom during sex for the **entire** time you are receiving BCG treatment.



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If You Have Urine Leaks

If pee gets on your clothes: Wash the clothes right away in the washing machine. Wash these separately from other clothes.

If you use an absorbent pad: Pour bleach on the pad and let it soak in. Place it in a plastic bag and throw it in the trash.

Common Side Effects

You may have some side effects during the first 24 hours after treatment. These may include:

- Blood in your pee
- Muscle or joint aches
- Feeling tired
- A strong need to pee
- Needing to pee more often
- Burning or discomfort when you pee
- A low fever of 99°F – 100°F

Medicines for Side Effects

- You may take acetaminophen (Tylenol) or ibuprofen for fever and body aches.
- Your provider may give you medicine to help if you have a strong urge to pee or need to pee often.

After Mitomycin or Other Chemotherapy Treatments

If you receive mitomycin or another chemotherapy medicine in your bladder:

- Try not to pee for 1 to 2 hours after your appointment.
- Follow all the safety instructions on page 1.
- After your first pee, in addition to pouring bleach and waiting 15-20 minutes, flush the toilet 2 times.
- Wash your genital area after you pee. This helps prevent skin irritation.

When to Call for Help

Call your care team if you have:

- A fever over 101.3°F (38.5°C)
- Chills or shaking chills
- Severe pain
- Any symptoms that worry you

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

- **UWMC Urology Clinic:** 206.598.4294, extension 1