

## **BCG Instillation (GUP4)**

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## About Your Treatment

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

The following information provides an overview of your care path. From this material, you and your care partner will learn what you must do and what will happen as we work together toward your recovery. Your care partner is a family member or friend who helps you during your treatment

Although this material covers standard treatments, each patient receives individualized care.

The bladder is an elastic, muscular organ that collects and stores urine. See Figure 1. It is located in the lower front area of the abdomen, behind the pubic bone and in front of the rectum. 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 in which the malignant, or cancerous, cells are limited to the bladder surface or just below.

Your doctor recommends that you begin therapy with **BCG (Bacillus Calmette-Guérin Vaccine)** for treatment of your bladder cancer. You will receive a series of six BCG treatments over six weeks and, if needed, additional "maintenance" treatments after the initial six 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 useful in treating certain bladder cancers.

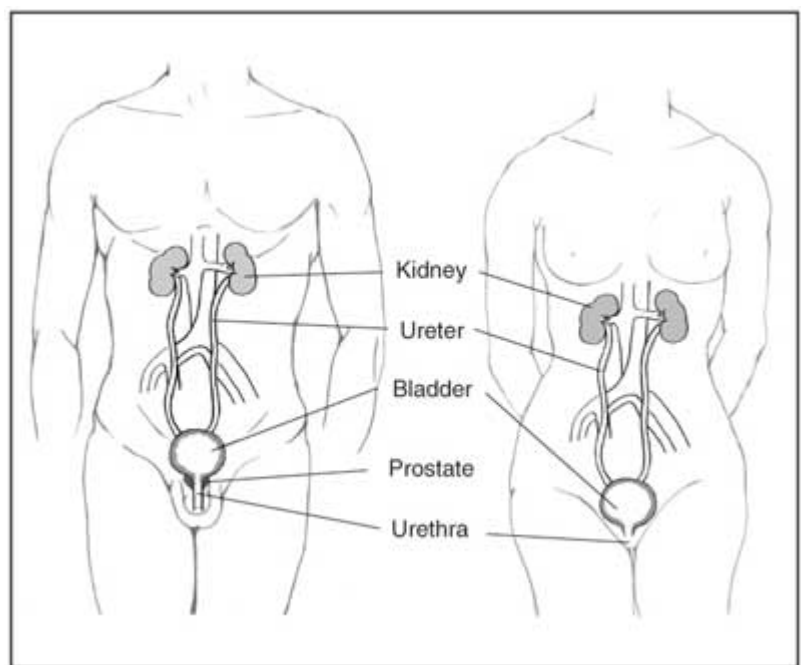


Figure 1  
The bladder and nearby organs

## Your Health Care Team

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

## Preparation for Your Treatment

### Stop Smoking

If you smoke, please 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.

### Planning for Treatment

Your doctor may request a number of tests and laboratory 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 microscopic blood or indications of infection.

### PreTreatment Teaching

A nurse will teach you and your care partner how to prepare for your treatment and how to take care of yourself afterward.

### Getting Ready for Your BCG Instillation

- Do not drink any fluids for four hours before the BCG treatment.
- Empty your bladder just before treatment.
- Take only those medicines approved by your doctor.
- Wear comfortable, loose-fitting clothing that is easy to remove.
- Bring these educational materials with you to your appointment.

### Medicines

Be sure to tell your doctor about all drugs that you are taking, including over-the-counter medicines, vitamins and herbal supplements.

## Day of Treatment

Report as directed 30 minutes before your appointment. It is important to be prompt for your appointment, because the BCG may be mixed in advance. The treatment, its benefits, and its risks will be explained to you and any questions you have will be answered. At the beginning of each series of treatments, you will be asked to sign a consent form.

### Before the Treatment

- Your blood pressure, pulse, respiratory rate and temperature will be taken. You will be taken into an exam room where you will change into a gown. You will be washed with iodine. **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 catheterize your bladder (pass a tube through your urethra) to remove excess urine.

## During the Treatment

The BCG is placed into the bladder with a catheter. A catheter is a small flexible tube either for draining fluid from, or injecting fluid into the body. The instillation only takes a few minutes. The BCG should remain in your bladder for two hours. You will receive home care instructions before you leave.

## After the 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 genitalia with a mild soap afterward.**

You will need to repeat these steps each time you urinate for eight hours after the treatment. Drink eight to 10, 8-ounce glasses of water each day.

## Home Care

Call your doctor if you:

- Have cough or flu-like symptoms that persist for more than three to four days
- Have a fever greater than 101°F and/or chills
- Have bright red blood in your urine that doesn't decrease with drinking eight to 10 glasses of liquid every day or if you have increased bladder irritability.
- Cannot urinate or you feel pain when urinating
- Have pain that cannot be eased

## Activities of Daily Living

- You may resume your regular diet.
- Drink eight to 10 glasses of liquid a day.
- Each time you urinate after receiving treatment, clean your 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 eight 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 genitalia 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 one to two days after treatment.

## **Resources**

### **American Cancer Society**

800-ACS-2345 (800-227-2345)

[www.cancer.org](http://www.cancer.org)

The American Cancer Society (ACS) is a voluntary national health organization with local offices around the country. The ACS supports research, provides information about cancer, and offers many programs and services to patients and their families.

### **Cancer Information Service**

800-4-CANCER (800-422-6237)

The Cancer Information Service (CIS) is a program of the National Cancer Institute (NCI). People who call the CIS speak with highly trained and caring information specialists who can answer questions about cancer screening tests, risks, symptoms, how cancer is diagnosed, the latest treatments and support organizations.

### **United Ostomy Associations of America**

800-826-0826

[www.ostomy.org](http://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.