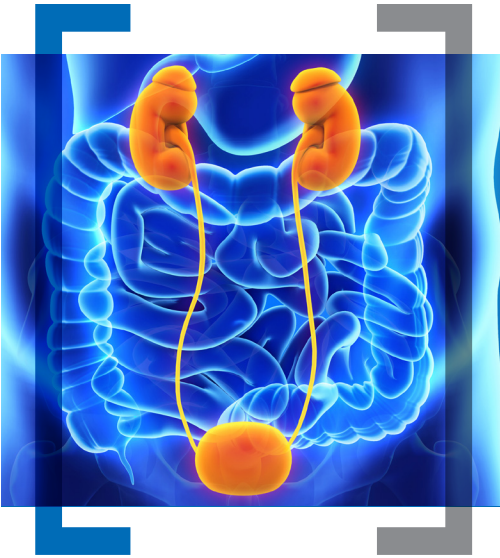




TREATMENT OF BLADDER CANCER WITH BACILLUS CALMETTE-GUÉRIN (BCG)

What you need to know

This information sheet contains everything you need to know about the treatment of bladder cancer with bacillus Calmette-Guérin, including what to do before and after your treatments, possible side effects, and signs and symptoms to watch for.

Your doctor recommended a medication called bacillus Calmette-Guérin (BCG) as a treatment for your bladder cancer. BCG is a bacteria that has been modified for use as a medication.

It is used to:

- treat shallow (superficial) bladder cancers;
- prevent the cancer from reappearing or progressing after bladder surgery.

The medication acts by triggering inflammation in the inner lining of the bladder. This inflammation stimulates the immune system, the body's defence mechanism against disease.

Treatment

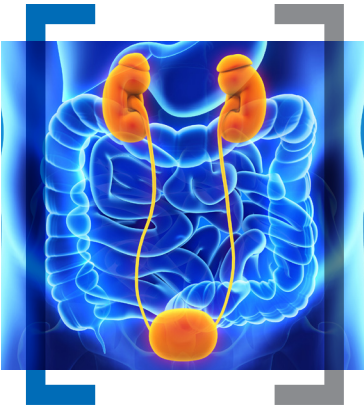
Treatments will be administered **once a week for six weeks**.

The initial treatment could be extended with maintenance treatment 2-3 months later and then with monthly treatments for 12 months.

A urinary catheter will be inserted into your bladder and the treatment solution will be injected through the tube. If you are able to hold the treatment solution in your bladder, the catheter will be removed right away. The solution must stay in your bladder for up to two hours.

During the hour following the treatment, you must:

- lie down, alternating between your back, stomach, left side, and right side, staying in each position for 15 minutes;
- if you prefer and if you're able to hold the treatment solution in your bladder, you can do this step at home;
- after two hours, you will be able to urinate;
- if you're unable to hold the treatment solution in your bladder, the nurse will keep the catheter in place until the end of the treatment. She will then let the urine flow into a collection bag. The catheter will be removed before you leave.



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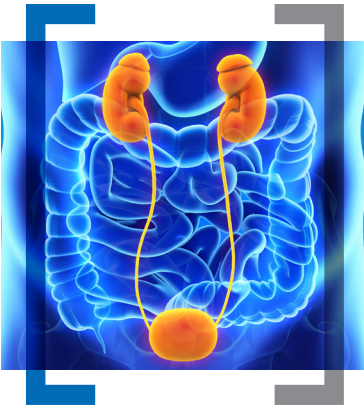
What to do before each treatment

- Do not drink anything for four hours before each treatment or during the treatment (two hours). Diuretics should be taken (medications that make you urinate) two hours after the treatment.
- Arrive on time for your appointment.
- Tell the nurse if you've experienced fever, fatigue, chills, or blood/blood clots in your urine since your last treatment, or if you think you have a urinary tract infection. Also tell the nurse if you are taking antibiotics.

If you have one or more of the above-mentioned symptoms, your treatment could be rescheduled.

What to do after each treatment (six hours after administration)

- It is important that you urinate while sitting down to prevent splashes.
- Make sure your loved ones do not come into contact with the medication:
 - After urinating, pour about 500 ml (2 cups) of **undiluted** bleach (6% bleach) into the toilet and close the lid.
 - Let stand for 15 minutes before flushing. Repeat twice.
 - Clean the entire surface of the toilet that came into contact with the urine containing the BCG (e.g., toilet seat) with a water and bleach solution: 30 ml (2 tablespoons) of bleach in 250 ml (1 cup) of warm water. Rinse with water.
- Wash your hands and genital area thoroughly with soap and water after urinating.
- Wash any clothing separately that may have come into contact with urine.



TREATMENT OF BLADDER CANCER WITH BACILLUS CALMETTE-GUÉRIN

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Additional precautions

- Drink 8-10 glasses of liquids to flush out the bladder during the first 48 hours after the treatment (provided this is not contraindicated by your doctor, for example, if your fluid intake is restricted).
- Do not have sexual intercourse for 24 hours after the treatment, and then use a condom for one week.

Possible side effects

You may experience the following in the two days after your treatment:

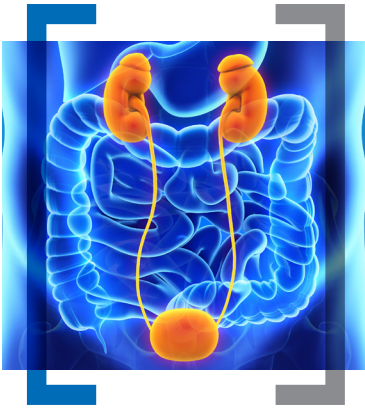
- difficulty urinating;
- pain in the lower abdomen when urinating;
- the urge to urinate often but passing only small amounts each time, day and night;
- presence of blood, or white or brown deposits in your urine;
- a low-grade fever (below 38.3°C) or flu-like symptoms (fatigue, chills, headache, sore throat, etc.); if this happens, take acetaminophen (e.g., Tylenol);
- fatigue;
- loss of appetite.

Make sure to tell the triage nurse and the emergency doctor about your ongoing BCG treatments and related symptoms

Abnormal symptoms to watch for

During the six weeks of treatment, inform the day medicine nurse or go to the Emergency department if one of the following symptoms lasts longer than two days or occurs immediately after treatment with BCG:

- side effects that last longer than two days or that worsen;
- blood in the urine for more than two days after the treatment;
- fever and chills;
- frequent urge to urinate;
- joint pain;
- nausea, vomiting, or diarrhea;
- persistent cough;
- pain or redness in the eyes;
- inability to urinate.



TREATMENT OF BLADDER CANCER WITH BACILLUS CALMETTE-GUÉRIN

What you need to know

Important

Dates of your next appointments:

- _____
- _____
- _____
- _____
- _____
- _____
- _____

Approved by the Direction des soins infirmiers et de l'enseignement universitaire en soins infirmiers

Our mission

To maintain, improve, and restore the health and well-being of the Québec population by making accessible an array of integrated and quality health and social services, while contributing to the social and economic development of Québec.

Our vision

Accessible and efficient health care and services that adapt to the needs of Québécois.

Our goals

The CISSS de la Montérégie-Ouest achieves its goals through its innovative approaches and stands apart through:

- its exemplary offer of care and integrated services based on interdisciplinarity, accessibility, and adaptability to the needs of its population;
- its willingness to question and improve its professional, clinical, and administrative practices;
- its appreciation of its personnel and the implementation of human resource management practices;
- its strong relationships with its partners.

Our values

Our actions are guided by five equal and interconnected values: compassion, collaboration, commitment, confidence and consistency.