**Bacillus Calmette Guerin (B.C.G.) therapy**

**Introduction**
Your consultant has recommended a course of BCG treatment to help treat your bladder tumour and prevent its recurrence.

**BCG treatment - what is it?**
B.C.G is a live bacterium which causes an inflammation or immune response when inserted into your bladder. This response seems to destroy tumours and cancerous cells.

**Before treatment**
- do not drink four hours before treatment
- if you are prescribed diurectics (water tablets) please take them two hours after your treatment
- please bring a sample of urine for each visit (but not from the first time you urinate in the morning) or be prepared to produce a sample on arrival so we can test for the presence of infection (if there is an infection, treatment will be suspended until this has been successfully treated).

**The treatment**
Your prescribed treatment is usually a weekly course of BCG over a six-week period. Your first appointment may involve you spending up to 2½ hours in the Outpatients Department, (subsequent appointments should last only 30 minutes).

**Common side effects**
- tiredness and lethargy
- pain whilst urinating
- blood in your urine
- more frequent urge to pass urine
- fever, joint pain – flu like symptoms

If any of these symptoms do not subside within 48 hours, please contact your GP.

**The appointment**
During this appointment a catheter is passed into the bladder to drain any residual urine. The BCG preparation is 50mls (1½ fl ozs) which is instilled into the bladder via the same catheter, which is then removed. It is important that you do not urinate or drink any fluids for two hours following your treatment. During this time it is necessary to keep the BCG concentrated in your bladder so that it can work effectively. You are advised to walk around or rotate on the bed to encourage the BCG to work on all areas of the bladder.
Following treatment
It is important that:
• both men and women sit down to pass urine for the following 6 hours after treatment to prevent splashing
• after urinating for the first time, 2 hours after treatment, drink plenty of fluids to flush out your system
• that after passing urine for the first time you pour 2 cups of undiluted bleach into the toilet and let it stand for 15 minutes before flushing
• when passing urine for the second time and up to 6 hours after treatment, flush the toilet and put one cup of bleach into the pan
• you wash your hands with soap and water after going to the toilet
• if you are sexually active, please use a condom or abstain for 48 hours post treatment.

Contact your GP immediately if:
• you have a high fever of 39.5°C for more than 12 hours or a moderate fever of 38.5°C for more than 2 days.
• you have an allergic reaction – difficulty breathing, wheezing, rash, swelling of the face.
(These are rare side effects).

What next?
After your six treatments the urology nurse will arrange a check cystoscopy (a visual examination of the bladder with a tiny instrument inserted through the urethra) usually at least six weeks after the treatment finishes. Future care will depend on the findings of this bladder check.

For any further advice please contact your urology nurse by phoning 01206 742338.

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