Mitomycin-C Therapy

Urology Department
Colchester General Hospital
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Tel: 01206 742338
Your consultant has recommended a course of chemotherapy known as Mitomycin-C to help treat your bladder tumour and prevent its recurrence.

Prior to treatment
- do not drink 4 hours prior to treatment
- if you are prescribed water tablets (diuretics) please take them two hours after your treatment
- please bring a sample of urine each visit (not the first 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 Mitomycin-C over a six-week period. Your first appointment may involve you spending up to 1½ hours in the Outpatients Department. Subsequent appointments should last only 30 minutes. During this appointment a catheter is passed into the bladder to drain any residual urine. The Mitomycin-C preparation, only a small amount of fluid, is instilled into the bladder via the same catheter, which is then removed.

It is important that you do not go to the toilet to pass urine or drink any fluids for the next hour following your treatment. During this time it is necessary to keep the Mitomycin-C concentrated in your bladder so that it can work effectively. You are advised to walk around or rotate on the bed to encourage the Mitomycin-C to work on all areas of the bladder.
Following treatment
It is important that:

- for the first time after treatment both men and women sit down to pass urine to prevent splashing
- you wash your hands and genitals with soap and water after going to the toilet, do not use any creams
- after passing urine for the first time you pour 1 cup 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 post treatment, flush the toilet and put 1 cup of bleach into the pan
- if you are sexually active, please use a condom or abstain for 48 hours post treatment
- after urinating for the first time, 1 hour post treatment, drink plenty of fluids to flush out your system.

Common side effects

- tiredness and lethargy
- pain whilst urinating
- blood in your urine
- more frequent urge to pass urine
- rash.

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

What next?
After your six treatments the Urology Nurse will arrange a check cystoscopy 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 01206 742338 or

Advanced Nurse Practitioner 07920 545738
Your NHS number
When you attend hospital, you will be asked for your NHS number and other information, such as your address. Please be patient with this procedure — it is to ensure our records are kept up-to-date and to protect your safety. If you do not know your NHS number, please don’t worry — you will still receive care!

Comments, compliments or complaints about your care
Please raise any concerns in the ward or department you are in. Ask to speak with the ward sister, matron or department manager. If your concerns cannot be resolved or you wish to make a formal complaint, please call PALS (Patient Advice & Liaison Service) on 0800 783 7328, pick up a PALS leaflet or visit www.colchesterhospital.nhs.uk/pals.shtml

Your views
If you or a family member has recently been in Colchester General Hospital, you can tell us about your experience by searching for ‘Colchester’ on the NHS Choices website (www.nhs.uk), by writing to the address on the front of this leaflet, by emailing your comments to info@colchesterhospital.nhs.uk or by filling in a ‘Friends & Family’ questionnaire at the hospital.

Please ask if you need this leaflet in an alternative format