

BCG INSTRUCTIONS

General Instructions For Patients Having BCG Instillations

Rationale for Treatment

BCG is immunotherapy put inside the bladder to decrease the risk of recurrence and progression of bladder cancer. The therapy is usually given weekly for 6 weeks. Some patients will require more therapy. All patients will require cystoscopy after treatment is completed.

Prior to Instillation

Try to restrict the amount of fluid and diuretics the day of the procedure. This will minimize dilution of the BCG treatment by your own urine production.

During The Instillation

1. The medication will be instilled into your bladder through a catheter.
2. In most cases, the catheter will be removed from the bladder immediately after the instillation has been completed.
3. The medication should be retained in your bladder for about 2-hours to obtain the best results. If you **MUST** urinate before the 2-hours are up, the medicine will still be effective, but let us know at your next visit how long you held the BCG.

After Instillation

After retaining the medication in your bladder for 2-hours, it must be carefully disposed of in the following manner:

- a. Sit down on the toilet to urinate and fully empty your bladder.
- b. After urinating, pour two (2) cups of household bleach (Clorox or equivalent) into the toilet bowl.
- c. Let the medication and Clorox mixture stay in the toilet for 15-20 minutes before flushing.
- d. Repeat the above process each time you urinate for six (6) hours after each treatment.
- e. Wash your hands and genital areas thoroughly after your urinate.
- f. Drink plenty of fluids after your instillation to flush your bladder.



DAVID M. RODIN, MD
Diplomate of the American Board of Urology

Until Your Next Instillation

You may experience some burning and frequency of urination with the first few urinations after your treatment. If this occurs, you need to increase your fluid intake.

Symptoms

Symptoms that are common following BCG installation include:

- a. Burning with urination.
- b. Possible blood in urine.
- c. Flu-like symptoms, joint pains, malaise.
- d. Urinary urgency and frequency.

Most of these symptoms are mild and last only one or two days. You may wish to call your doctor if these symptoms are severe and last longer than two days. If you develop a high fever (more than 101), please contact your doctor. There are rare cases of tuberculosis symptoms that can be caused by BCG installation. This is usually reversible with medicines that are used to treat tuberculosis.

BCG instilled in the bladder will usually make you have a positive Tine test (the skin test done to screen for exposure to tuberculosis). Let your family doctor know that you have had BCG in the bladder.