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The Royal Liverpool
and Broadgreen
University Hospitals
NHS Trust

Patient information

Intravesical Instillation of BCG for Immunotherapy

Urology Speciality

Why has my doctor recommended BCG for my bladder condition?

You will have already been diagnosed with a bladder cancer which has grown in the thin layers of cells in the lining of your bladder but does not reach the muscle layer. BCG is a vaccine that can be used against tuberculosis. This is also used to try and prevent the reforming of cancer cells in the bladder.

What are the benefits of having intravesical instillation of BCG?

The BCG vaccine contains live bacteria that has been altered to reduce the risk of infection. It stimulates immune cells in the bladder to try and prevent cancer cells reforming.

What are the alternatives to this procedure?

There are alternatives that will have been discussed with you and by the team treating you that will have included:

- **Repeated cystoscopy under General anesthetic** - with burning away of any reoccurring cancer.
- **Chemotherapy treatment** instillation of an anti-cancer drug into the bladder.
- **Surgical removal of the bladder** with a diversion for urine to pass into a bag on the abdomen.
- **Systemic chemotherapy** powerful anti-cancer drugs given by an oncologist in the form of tablets or injection.

What are the risks of having this procedure?

Most procedures have a potential for side-effects. You should be reassured that, although all these complications are well-recognised, the majority of patients do not suffer any problems after administration and they can vary from patient to patient.

Side effect	Risk
Urine infection (this will mean you may need to postpone the next treatment).	Between one in two and one in ten patients
Bladder discomfort.	Between one in two and one in ten patients
Flu like symptoms for two to three days post treatment.	Between one in two and one in ten patients
Frequency and Urgency for two to three days post treatment.	Between one in two and one in ten patients
Failure to complete treatment due to discomfort blood in the urine.	Between one in two and one in ten patients
Blood or debris in the urine.	Between one in two and one in ten patients
Stricture - a narrowing of the water pipe following the use of a catheter.	Between one in ten and one in fifty patients
Inflammation which can effect joints and liver.	Between one in ten and one in fifty patients
Severe pain after treatment.	Between one in 50 and one in 250 patients
Serious infection that will require treatment in hospital.	Between one in 50 and one in 250 patients

The first course of weekly treatments last six weeks this is called the **Induction Course**.

You will then start a **Maintenance treatment** lasting up to three years this will involve a series of three weekly instillation at three, six months and then six monthly for up to three years, flexible cystoscopies are performed regularly during this time. You will be informed if you require any further treatments.

What will happen if I decide not to have this treatment?

Your consultant or nurse will discuss the benefits and side effects of this treatment. If you decide not to have this treatment, you will continue to receive appointments for flexible cystoscopy surveillance.

How do I prepare for this procedure?

Before the procedure you should limit your fluid intake for two to four hours before to ensure the bladder is empty creating the best chance of holding the fluid for up to two hours.

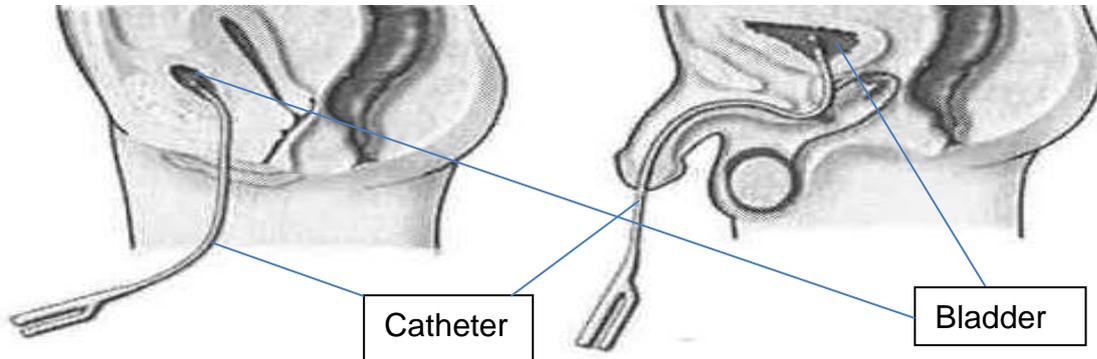
On arrival to the clinic you will be asked for a urine sample to test for an infection and asked if you have any signs or symptoms of a urine infection.

If the urine is infection free the nurse will review your medication and history and gain verbal consent for catheterisation and for the treatment.

If the urine shows signs of an infection your treatment will be delayed until this is clear. A sample of the urine will be sent to the laboratory and you may need antibiotics.

So what does the procedure involve?

- Your genital area will be cleaned and an antiseptic gel with local anaesthetic will be placed into your urethra.



- A catheter will be passed into your bladder to drain the remaining urine.
- BCG (approximately 40 mls) will be placed in your bladder through the catheter.
- The catheter is removed and you will be asked not to pass urine for at least two hours to allow the medication to treat the whole bladder.
- You will be asked to drink plenty of fluids for the first few days after treatment-approximately two litres. Please inform the Nurse if you are on a restricted fluid intake and you will be given specific instruction.
- You will be asked to sit while passing urine for up to six hours after treatment to minimise the splashing of urine which contains a live bacteria.

What happens immediately after the procedure?

In general terms, you should expect to be told how the procedure went and you will be asked to:

- Treat your toilet with bleach and leave for 15 minutes before flushing.
- Wash your genitals and hands after every visit to the toilet.
- Avoid sex for at least 24 hrs after treatment as this can be uncomfortable initially and will prevent bacteria being passed to a partner. A condom should be worn for one week after treatment.
- If you have any signs of an infection or develop a high temperature you should contact your family doctor (GP).

What else should I look out for?

Difficulty emptying your bladder; if this occurs, please contact your named nurse.

Kindly ensure that you have made arrangements for transport to get home after discharge.

Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

Further information

For general queries contact the Urology Centre on:

Tel: 0151 282 6809

Text phone number: 18001 0151 282 6809

For specific clinical queries contact your specialist Nurse

Tel: 0151 282 6816/ 0151 706 3122

Text phone number: 18001 0151 282 6816 / 18001 0151 706 3122

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All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

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