

BCG INSTRUCTIONS

You are to receive weekly BCG instillation treatments ordered by your doctor. This is a treatment for bladder cancer. You will have a liquid medication put into your bladder through a small catheter inserted into the urethra.

BCG medication contains live bacteria which, when instilled into the bladder, stimulates your body's immune system. This can then kill tumor cells within the bladder. Research studies have shown that BCG can decrease bladder cancer tumor recurrences.

There is a small chance of infection which will be monitored by your treatment team.

I have scheduled your appointments as follows:

NOTIFY DOCTOR/NURSE	<ol style="list-style-type: none">1. If you have taken antibiotics within the past week.2. If you have visible blood in your urine.3. If you have had urology procedure (e.g., catheterization or cystoscopy) within 7-10 days prior to treatments.
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- In preparation for these treatments:
 1. Do not drink any fluids 4 hours before every treatment.
 2. We strongly recommend that you withhold all prescribed diuretics the morning of your scheduled treatments. You can restart them 2 hours after the treatment.
 3. Refrain from all caffeine containing products 6-8 hours prior to every treatment and 2 hours afterward.
- You will be giving a urine sample prior to your treatment. If it is suspicious for infection, or you have symptoms of infection, your treatment will be held until urine tests are back and you are treated with antibiotics.
- It is strongly recommended that you go home immediately after the treatments so that you can follow through with the necessary aftercare. You will be following these aftercare instructions after each treatment.
- **AFTER TREATMENT CARE AT HOME:**
 1. It is ideal to retain medication in your bladder for 2 hours. Reposition yourself to lay on your back, abdomen, right and left sides alternating positions every 15 minutes to maximize bladder surface exposure to this medication. If you have a strong urgency to urinate before the 2 hours, do not force holding the urge and empty your bladder. You should also avoid holding the medication in your bladder longer than the recommended 2 hours.
 2. To get the medicine out of your bladder, urinate sitting down on the toilet to avoid splashing. Touching the medicine outside the bladder may be unsafe for you and others.
 3. After you urinate, add two cups of chlorine bleach to the toilet, close the lid, and wait 15 minutes before flushing.
 4. Wash your genital area and your hands carefully with soap each time you urinate.

5. For at least 6 hours after each treatment, drink plenty of fluids to wash out your bladder and follow steps 1 to 4 each time you urinate.
 6. After your treatments, eat and drink as usual.
 7. There are no restrictions on your activities such as driving, returning to work, or sports, but wait 3-4 days before having sexual activity.
- You will have a Cystoscopy exam (looking inside the bladder with a camera) done four weeks to six after your last treatment to check your progress.
 - **EXPECTED RESULTS:** Three or four hours after treatment, you may have some of the following sensations or side effects.
 1. Frequent urination
 2. Strong urge to urinate
 3. Burning when urinating
 4. Pink color in the urineThese systems may last for 1-3 days. There are medications to soothe these reactions. Ask your doctor for a prescription, if needed. If these symptoms persist or you have the following:
 - **OTHER LESS COMMON SIDE EFFECTS:**
 1. Chills
 2. Fever (101° F or greater)
 3. Body aches
 4. Red (not pink) urine

If these happen, please call Dr. Londoño or go to the nearest Emergency Department.

- If you have any questions, please feel free to call us at (626) 218 0921, Monday through Friday between the hours of 8-5 PM.