

## BMDA Guide for Handling Bladder Chemotherapy at Home

Bladder (Intravesical) chemotherapy instillation is an effective treatment for patients with transitional cell bladder cancer. It works by coating the bladder lining to stop the growth and division of cancer cells. The aim of the treatment is to kill remaining cancer cells left in the bladder. Mitomycin C is one type of chemotherapy drug that is instilled into the bladder.

### Supplies You will Need

- Latex or latex-free (if allergic) powder-free gloves Large leak-proof plastic bags
- Disposable rags or paper towels

The following information will guide you to properly handle chemotherapy during treatment and for **48 hours after** your bladder chemotherapy instillation is complete.

- Drink at least eight to 10, 8-ounce glasses of fluid a day for at least 48 hours after the treatment to help flush the Mitomycin out of the bladder.
- Hand washing is important to prevent contamination with hazardous waste and infections. You should wash your hands for 10-15 seconds with warm water and soap any time you come in contact with the drainage bag or urine, even if gloves are used.
- Notify your physician of signs or symptoms of urinary tract infection, a fever greater than 100.4° F (38° C), bright red blood in the urine, a rash all over your body, or any other concerns you have before the follow-up visit.

### Handling Body Waste 48 hours after Bladder Instillation

- If you cannot control your bowel or bladder, use a disposable, plastic-backed pad, diaper, or sheet to soak up the urine or feces. Change the diaper immediately when soiled and wash your skin with soap and water. If you use diapers, use disposable diapers and place the used diapers inside two sealable, leak-proof plastic bags for disposal. Use the “double-bagging” process. This means placing your sealed leak-proof bag inside another bag, called “double- bagging”, for extra protection.
- If possible, have a designated toilet that only you use. If you share a bathroom, wipe the toilet seat with soap and water each time after each use.
- Men – sit down to urinate to prevent spraying or splashing the chemotherapy (for example, Mitomycin) onto your skin and the toilet seat
- Each time you urinate wash your hands, genitalia and any exposed skin with soap and water.
- Uncircumcised men should retract the foreskin and clean the area well. Flush the toilet twice with the lid closed for the next 48 hours.
- If you leak urine onto your clothes, wash well in hot water or in a hot washing machine cycle.

- Discard disposable waste immediately into a closed, lined container and remove the gloves after use and put them inside of two plastic bags, seal the bags, and throw in the trash. Then wash your hands.
- For the caregiver of a patient who requires assistance: wear two pairs of powder-free gloves when cleaning or emptying body waste containers into the toilet or changing adult diapers on the patient who has had chemo instilled into the bladder.

## Foley® Catheter Care

- Double glove before handling the urinary drainage port. When emptying the drainage bag, hold the drainage port as close to the water level in the toilet before opening and then at closing port. Take a tissue to dry the drainage port off before raising port from the toilet. Throw tissue away into toilet before double flushing.
- If the Foley catheter is removed from the bladder within the 48 hours after bladder instillation, put on two pairs of gloves. Empty the drainage bag into the toilet before removing the catheter. Remove the outside pair of gloves and place in plastic bag. Put on another pair of gloves. Leave the catheter connected to the bag. Place a pad under the catheter before removing the catheter. Empty the balloon at the tip of the catheter. Hold a tissue or gauze around the catheter to catch any drainage as the catheter is being removed.
- Once the catheter is removed, wrap the pad around the catheter and gauze; place the catheter and drainage bag in a leak proof plastic bag and “double-bag.”

## Handling Laundry

- Wear two pair of gloves to handle soiled laundry. Carry the soiled laundry away from your body or place in a plastic bag for transport. Place soiled laundry in the washer. Then remove the gloves and wash your hands.
- Wash contaminated sheets or clothing twice in warm soapy water. Use normal detergent and hot or warm water. Contaminated items should be separate from other laundry for the first wash.
- Soiled laundry should be washed right away. If it can't be washed right away or you do not have a washer, put it in a plastic bag until it can be washed. Wash it as soon as possible.

## Handling Trash

Trash that has been in contact with chemotherapy drugs or body waste should be handled carefully. Wear gloves to throw away soiled trash. Wash your hands after you remove the gloves.

- Use a leak-proof plastic bag for the soiled trash. Then, put this bag inside of another bag, “double-bagging.”
- Designate an area away from children and pets where bags can await trash pick-up.

## Other Special Instructions

### Sexual activity

- You must use some type of birth control if you are a woman of childbearing age and have sexual intercourse during treatment. Your doctor can help you decide what kind of birth control is best for you.
- Most patients are able to continue sexual activity; but sometimes special precautions may be necessary. Traces of chemotherapy may be present in vaginal fluid and semen for up to 48 hours after your bladder instillation. You or your partner should use a condom.
- Activities such as hugging and kissing do not require special precautions.

## Resources

### Emergency Center

In case of an emergency, please call 911 or go to the nearest emergency center. For non-emergencies during business hours, please call your care center.

Adapted from Safe Handling of Chemotherapy at Home. The University of Texas MD Anderson Cancer Center ©2008. Revised 12/2023. Patient Education BMDA Reviewed 2/11/2025.