

# Homecare After Mitomycin C Bladder Instillation Education Plan

## Getting Ready to Learn About Homecare After Mitomycin

Learning something new can be hard. It is even harder if you are not feeling well. The purpose of this education plan is for you and the staff to review this information together. Here are some good things to tell the staff:

- Who you want to learn with you. We would like you to have someone who will be helping you at home learn with you.
- The best way for you to learn. Do you learn best by reading a book or pamphlet, or by doing things yourself?
- If you are not feeling well, if you are in pain or you cannot focus on learning right now.

This information is important to your health. We may explain something more than once. We will be giving you information in small bits over several days. If there is something you don't understand, "It's OK to Ask" us to explain.

## What I Need to Learn About Homecare After Mitomycin C Bladder Instillations

By the time I leave the hospital I will be able to show or tell the staff:

1. How I will care for myself at home
2. How to dispose of my urine safely
3. What symptoms I should report to my doctor

## The staff will use three questions to teach me about Homecare After Mitomycin C Bladder Instillations:

1. What is my main problem?
2. What do I need to do?
3. Why is this important to me?

The staff will ask me to repeat back important points in my own words, or ask me to show what I have learned. They want to make sure that I know how to care for myself after I go home.

**What is my main problem?**

Mitomycin C is an anti-cancer and tumor medicine used to treat cancer on the surface of my bladder. Mitomycin C stops abnormal cell growth inside the tumor by damaging genetic material (DNA). DNA tells the cancer cells to copy itself. Damaging the DNA causes the tumor to shrink. Mitomycin C causes cell death in the tumor. My urine must be handled with extreme care, because it can cause damage to tissues that are not being treated. I also need to be careful so it doesn't hurt others who might come into contact with it.

**What do I need to do?**

I will be able to tell the staff how I will care for myself at home.

Drinking water

- Unless my doctor says differently, I should drink at least 12 8-ounce (1 cup) glasses of water for the next 24 hours. This will flush the medicine out of my bladder.

I will be able to tell the staff how I will dispose of my urine safely.

- I will sit down to urinate to reduce any splashing
- I will wash my hands and genital area every time, after I urinate for the next 24 hours. I will use soap and warm water to clean my genital area to get rid of any of the mitomycin. This can help decrease skin irritation
- I will not flush the toilet right away. I will pour 2 cups of bleach into the toilet every time I urinate. I will let it sit for about 20 minutes, then flush the toilet twice. This helps the medicine in my urine become safer to flush. I will do this every time I urinate for 6 hours after the treatment.
- People in the house should use a different toilet or wait until the toilet has been flushed twice before using. Do this until the time written above.
- In my home, soiled linens should be placed in washer immediately. It should be washed twice using hot water and detergent. These items should not be washed with other laundry. Bleach should be added if possible.
- If laundry can't be done immediately, place in a plastic bag and then wash hands using soap and warm water. Once linen is placed in the washer, it should be washed twice with hot

water and detergent. These items should not be washed with other laundry. Bleach should be added if possible. The plastic bag should be tied, and disposed of in your regular trash.

- I will not have sex for 24 hours after treatment.

I will be able to tell the staff what symptoms I should report to my doctor.

- Symptoms I may have due to the mitomycin irritating my bladder include:
  - Needing to go to the bathroom more often
  - Having pain when I urinate
  - Needing to use the bathroom at night
  - Having some blood or tissue in my urine

I will call my doctor if I:

- Have a skin rash or itching
- Have severe pain when I urinate
- Need to urinate often
- Have a lot of blood in my urine or it lasts for seven days
- Have pain in my belly

### **Why is this important to me?**

Mitomycin C can cause damage to tissues for me and my family if I don't handle it correctly. It is also important for me to know how I might feel after the treatment and when it is important to call my doctor to prevent problems.

As part of my care and to help me understand I may receive:

- After Care of Mitomycin C Bladder Instillation Education Plan

## Homecare After Mitomycin C Bladder Instillation Education Plan

### Resources for Staff

- Articles as cited in references
- [Mitomycin](#)- Nursing Reference Center Plus

### Teaching Tool (Items given to patient)

- “Homecare After Mitomycin C Bladder Instillation Education Plan”

### References:

- [Mitomycin](#)- Nursing Reference Center Plus
- Mellinger, E., Skinker, L., Sears, D., Grdner, D., & Shult, P. (2010, August). Safe handling of chemotherapy in the perioperative setting. *AORN*, 91(4), 435-450. doi:10.1016/j.aorn.2009.09.030
- Mostafid, H., Rajkumar, R. G., Stewart, A. B., & Singh, R. (2006). Immediate administration of intravesical mitomycin C after tumor resection for superficial bladder cancer. *BJU International*, 97, 509-512. doi:10.1111/j.1464-410X.2006.05965.x
- Polovich, Martha, RN AOCN, (2011). Safe Handling of Hazardous Drugs, Second Edition. *Oncology Nursing Society*.

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Always close each teaching session with the question, “What questions do you have for me?”

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