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Patients will come into the office for a brief instillation of the medication, lasting only a few minutes. They will then return home to complete the remaining two-hour holding period.

BCG is a bacterial preparation of a strain called Bacillus Calmette-Guerin (BCG). The medication was developed as a vaccine against tuberculosis but has been found useful in treating certain bladder cancers. Doctors have been using BCG for many years to treat and prevent the recurrence of tumors in patients. BCG stimulates the immune system, the body's defense mechanism against disease. In order to work, BCG must be in direct contact with the tumor cells. That is why it is instilled – administered directly into the bladder – instead of being given by injection.

About Each BCG Administration:

The treatment may be uncomfortable, but it usually isn't painful. The instillation – the pouring of the medicine into your bladder – takes only a few minutes. However, the medicine must stay in your bladder for 2 hours to be fully effective. The process itself is simple:

- Your genital area is cleaned with a sterile solution, and you are draped with a sterile sheet
- A tube (a catheter) is passed through your urethra and into your bladder. Any urine that remains in your bladder can then be removed so that the BCG can easily touch all of the bladder lining.
- The BCG mixture is administered into your bladder through the catheter in most cases.
- The medication stays in your bladder for 2 hours. During that time, you will be lying down. Your position will be changed from time to time to make sure that the BCG is in contact with all parts of the lining of the bladder long enough to be effective.

Before Each Treatment it is important to know:

- Be on time for your appointments.
- Limit fluids prior to instillation.
- Please come prepared to provide a urine sample.
- Tell your doctor how you have felt between treatments, especially if you have had a fever, been unusually tired, had chills, or if your urine has contained bright red blood or there have been any blood clots in your urine.

After Instillation: Now that you have retained the medication in your bladder for the past two (2) hours, there are several things you must know:

- Sit down on the toilet to urinate and fully empty your bladder.
- After urinating, pour two (2) cups of household bleach (Clorox or equivalent) into the toilet
- Let the medication and Clorox mixture stay in the toilet for 15-20 minutes before flushing
- Repeat the above process each time you urinate for six (6) hours after each treatment
- Drink plenty of fluids for 6-8 hours after each treatment
- For a week after each treatment, use barrier contraception (condoms) to protect your partner from any BCG that may be present in your body fluids and to prevent pregnancy

Until your next instillation:

- You may experience some burning with the first void after your treatment. If this occurs, you need to increase your fluid intake.
- If you experience continued pain or burning on urination or if you experience:

Bright red blood or blood clots in the urine
Joint pain *Coughing*
Fever greater than 101.5 *Chills*
Flu-like symptoms