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## Intravesical BCG Therapy

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*Post-Treatment Instructions for Patients*

### HOLDING THE MEDICATION

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- Hold the BCG in your bladder for about **two hours** unless told otherwise.
- Change position every 15 to 20 minutes — lie on your back, then each side, then your stomach — so the medication reaches the whole bladder lining.
- Do not drink fluids during this time.
- If you cannot hold it the full two hours, urinate rather than risk an accident, and tell us at your next visit.

### SAFETY PRECAUTIONS FOR THE FIRST 6 HOURS

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BCG contains **live bacteria**. For six hours after each treatment, follow these steps to protect the people you live with:

- **Men: urinate sitting down** to avoid splashing.
- After each void, **pour about 2 cups of undiluted household bleach into the toilet bowl**, let it sit for 15 minutes, then flush with the lid closed.
- Wash your hands thoroughly after using the bathroom.
- Wash any clothing or linens that contact urine separately, in hot water with bleach.

### AFTER THE FIRST 6 HOURS

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- **Drink plenty of water** for the rest of the day and the following day to flush the bladder.
- Resume normal diet and activity.
- **Avoid sexual activity for 48 hours**, or use a condom. BCG can be transmitted to a partner.
- Women of childbearing potential should use reliable contraception during the treatment course.

### WHAT IS NORMAL

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- Burning with urination, urgency, and frequency for **1 to 2 days** after each treatment
- Pink or lightly blood-tinged urine
- Mild flu-like feeling — low-grade temperature, fatigue, aches — for up to 24 hours
- Symptoms that become somewhat stronger with each successive weekly treatment — this is expected and reflects the immune response

### CALL THE OFFICE RIGHT AWAY IF YOU HAVE

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**Call 909.236.3333**

- **Fever of 101.5°F or higher, or any fever lasting more than 24 hours** — this is the most important warning sign
- Shaking chills
- Severe or worsening burning that does not settle within 48 hours
- Heavy bleeding or blood clots in the urine
- **Inability to urinate**

- Joint pain, rash, cough, or yellowing of the skin or eyes
- Feeling generally very unwell

**A high or persistent fever after BCG can mean the bacteria have entered the bloodstream and requires urgent treatment.** If you cannot reach us promptly, go to the emergency room and tell them you are receiving BCG bladder treatment.