



This patient leaflet has been developed and funded by medac Pharma and is intended for UK patients prescribed BCG-medac only.

# YOUR BCG-MEDAC (BACILLUS CALMETTE-GUERIN, BCG) TREATMENT GUIDE AND RECORD

 **medac** pharma

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Please read the Patient Information Leaflet for further information.



## What is BCG and how does it work?

BCG (Bacillus Calmette-Guérin) is an immunostimulant, which means it stimulates the immune system and is used to treat bladder cancer and to help prevent bladder cancer from coming back after bladder surgery.

## Why are you receiving BCG

You have been recommended this treatment to help reduce the risks of your bladder cancer returning.



## Treatment schedule

BCG treatment usually starts 2–3 weeks after the transurethral resection of bladder tumour (TURBT) or bladder biopsy.

### Induction therapy

- During the induction phase, you will receive one instillation every week for 6 weeks

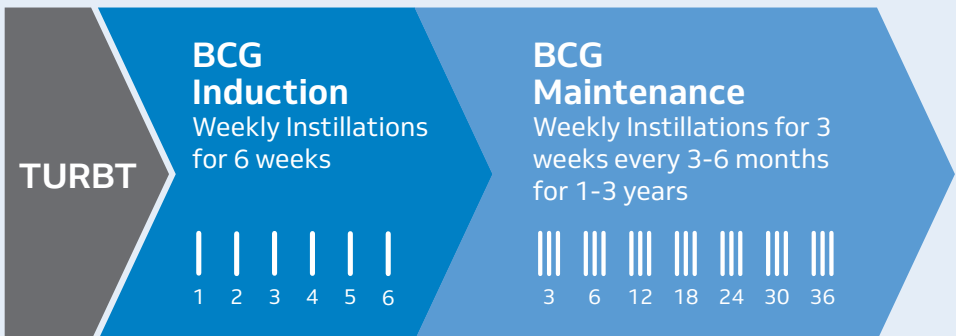
### Cystoscopy checks

- 3 months after starting induction therapy, your bladder will be checked with a cystoscopy (a camera inspection). This is either done while you are awake or asleep.

This should be followed by maintenance therapy, described below:

### Maintenance therapy

- Weekly instillations are given for 3 weeks at months 3, 6 and 12 after the start of induction
- Maintenance treatment can continue for up to 3 years as 3-week instillations every 6 months
- During maintenance therapy, your bladder will be regularly checked by looking inside with a flexible cystoscopy



## Before your treatment

### Tell your urology team if you:

- Are taking any regular medicines, especially antibiotics or medicines that affect your immune system. If you are immunosuppressed, either because of a concurrent disease or medication
- Have ever had tuberculosis (TB) or problems with your immune system.
- Have had any recent bladder procedures, such as surgery or biopsy (within the last 2-3 weeks).
- Currently have a urine infection or notice blood in your urine.
- Are pregnant or breastfeeding

As these are contraindications to receiving BCG treatment.

## On your treatment day



You should not drink any liquid for 4 hours before the treatment and until 2 hours after instillation



Just before your BCG treatment, you'll be asked to empty your bladder

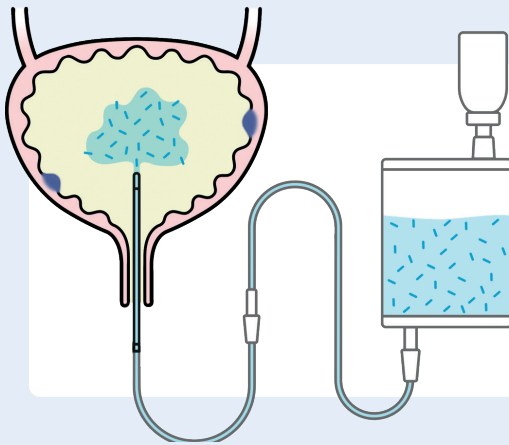
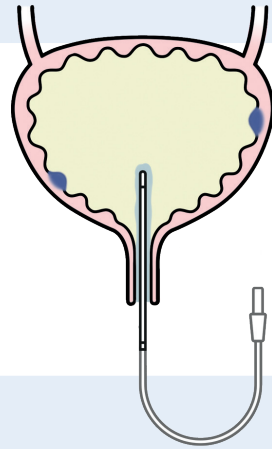
This helps ensure the BCG stays in your bladder for the full 2 hours and isn't diluted during treatment.

Your nurse will talk through each step and answer any questions you may have.



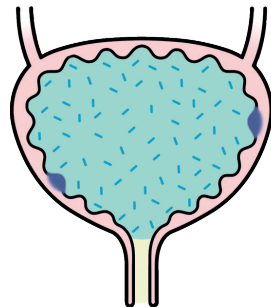
## What to expect during treatment

**1** You'll be asked to lie down for the nurse to pass a small flexible tube (catheter) into your bladder. This will remove any urine that is still in your bladder, if there is any residual urine this will be removed when the catheter is inserted.



**2** Approximately 50ml of BCG will be instilled slowly into your bladder through the catheter.

**3** The catheter is removed, but the BCG should remain in your bladder for 2 hours. You'll be asked to move around gently to help distribute the medicine.



## After treatment



Do not drink any fluid for 2 hours after you have been given BCG. This is to try and avoid you needing to urinate within the 2 hours.



After 2 hours, you will be asked to empty your bladder. Use the toilet in a sitting position to avoid splashing your urine. Urine should be voided in a sitting position for 6 hours after treatment and two cups of household bleach should be added to the toilet before flushing. The bleach and urine should be left to stand in the toilet for 15 minutes before flushing. Any spillage of BCG should be treated with a disinfectant with proven activity against mycobacteria, such as household bleach. Spillage on the skin should be treated with an appropriate disinfectant.



Clean your genital area and hands immediately afterwards to remove traces of BCG.



Keep drinking plenty of water for the 48h following your treatment.



Avoid sexual intercourse or use a condom for one week after treatment.

## Monitoring for side effects

If you're concerned about side effects, **speak with your urology team**. They can support you and help manage any undesired symptoms

## Reporting side effects

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet.

You can also report side effects directly via the Yellow Card Scheme at <https://yellowcard.mhra.gov.uk/>.

By reporting side effects, you can help provide more information on the safety of this medicine.




## Possible side effects

BCG commonly causes mild and short-lived side effects, which may occur more often with repeated treatments.

### Common side effects

Very Common (may affect more than 1 in 10 people)	Cystitis, nausea, bladder inflammation, frequent urination with discomfort and pain, prostate inflammation, flu-like symptoms, fever < 38.5 °C, fatigue
Common (may affect up to ≥ 1/100 to < 1/10 people)	Fever above 38.5 °C, muscle pain, diarrhoea, abdominal pain, urinary incontinence



**Carry the alert card with you** and show it to the doctors and nurses treating you to ensure appropriate treatment.


## When to seek immediate help



An uncommon but serious complication is a general BCG infection. Symptoms can occur at any time after treatment

### Contact your urology team urgently if you experience any of the following:

- Fever > 39.5 °C during at least 12 hours, fever > 38.5 °C during at least 48 hours and worsening of general condition.
- Feel generally unwell, shivery, or very tired
- Notice pain or discomfort that is getting worse instead of better
- Have a cough, chest pain or difficulty breathing
- Have sore, red, or painful eyes



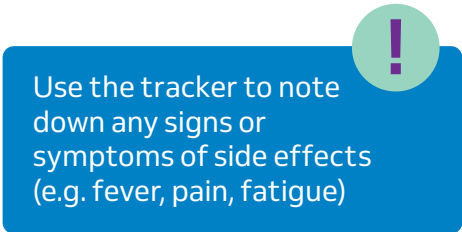
If you can't reach your urology team and you are feeling very unwell, go to your nearest emergency department and tell them you are having BCG treatment for bladder cancer.



## Your treatment tracker

The tracker can help you:

- Remember treatment dates and symptoms, which can be useful over long treatment cycles
- Recognise symptom patterns
- Improve communication with your urology team
- Show your tracker to your doctor or nurse at every visit to help keep you up to date with treatment steps



Use the tracker to note down any signs or symptoms of side effects (e.g. fever, pain, fatigue)



## Date of TURBT

## Induction therapy

Weekly instillations for 6 weeks



	Date	Notes/Side effects
1 <sup>st</sup> Instillation	.....	..... ..... .....
2 <sup>nd</sup> Instillation	.....	..... ..... .....
3 <sup>rd</sup> Instillation	.....	..... ..... .....
4 <sup>th</sup> Instillation	.....	..... ..... .....
5 <sup>th</sup> Instillation	.....	..... ..... .....
6 <sup>th</sup> Instillation	.....	..... ..... .....
.....	.....	..... ..... .....



# Maintenance therapy – Year 1

## Weekly instillations for 3 weeks every 3–6 months

In the first year of maintenance therapy, you will receive three weekly BCG instillations in months 3, 6, and 12 after the start of the induction therapy.

Your bladder will be checked with a flexible cystoscopy (cystoscopy) before each cycle to make sure it's appropriate to continue treatment.

### 3. Month

Cystoscopy

**Date**

**Notes/Side effects**

1<sup>st</sup> Instillation

2<sup>nd</sup> Instillation

3<sup>rd</sup> Instillation





**6. Month**

Cystoscopy

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**Date**

**Notes/Side effects**

1<sup>st</sup> Instillation

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2<sup>nd</sup> Instillation

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3<sup>rd</sup> Instillation

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.....

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**9. Month**

Cystoscopy

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**12. Month**

Cystoscopy

.....

**Date**

**Notes/Side effects**

1<sup>st</sup> Instillation

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2<sup>nd</sup> Instillation

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3<sup>rd</sup> Instillation

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## Maintenance therapy – Year 2

### Weekly instillations for 3 weeks every 6 months

In the second year of maintenance therapy, you will receive three weekly BCG instillations in months 18 and 24.

Your bladder will be checked with a small camera (cystoscopy) before each cycle to make sure it's appropriate to continue treatment.

#### 15. Month

Cystoscopy



#### 18. Month

Cystoscopy



**Date**

**Notes/Side effects**

1<sup>st</sup> Instillation

2<sup>nd</sup> Instillation

3<sup>rd</sup> Instillation





**21. Month**

Cystoscopy

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.....



**24. Month**

Cystoscopy

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.....



**Date**

**Notes/Side effects**

1<sup>st</sup> Instillation

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2<sup>nd</sup> Instillation

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3<sup>rd</sup> Instillation

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## Maintenance therapy – Year 3

### Weekly instillations for 3 weeks every 6 months

In the second year of maintenance therapy, you will receive three weekly BCG instillations in months 18 and 24.

Your bladder will be checked with a small camera (cystoscopy) before each cycle to make sure it's appropriate to continue treatment.

#### 30. Month

Cystoscopy

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**Date**

**Notes/Side effects**

1<sup>st</sup> Instillation

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2<sup>nd</sup> Instillation

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3<sup>rd</sup> Instillation

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### 36. Month

Cystoscopy

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**Date**

**Notes/Side effects**

1<sup>st</sup> Instillation

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2<sup>nd</sup> Instillation

.....

3<sup>rd</sup> Instillation

.....

.....



## My personal engagement

It is best to follow your full treatment plan if you can, as this gives the greatest long-term benefit. However, if you ever need to delay or miss a treatment, don't worry as your urology team will review your plan and make sure you continue appropriately. Let your team know about any side effects or concerns so they can support you and help you stay on track.



## What can I do during my therapy?



It's very important that you go to your treatments and check-ups regularly because following the treatment plan is necessary for BCG therapy to work well.



Plan your treatments ahead and let your doctor know if you have any holidays or trips coming up.



Always bring your treatment record with you to your doctor's appointments.



Smoking is the biggest risk factor for bladder tumors, both in developing and treating them. Do your best to avoid smoking.



Make sure you drink enough fluids every day.



Support your immune system by living a healthy lifestyle. Eating well and getting regular exercise help keep your immune system strong.





## Where to find further information

**Ask** your urology team for more information

**Interact** with other bladder cancer patients

**Get in touch** with patient organisations

- Action Bladder Cancer
- Fight Bladder Cancer

Name:.....

DOB: .....

Urology team contact details: .....

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Emergency contact for after-hours: .....

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### References

BCG-medac, Patient Information Leaflet. Available at: [https://www.medac.eu/fileadmin/user\\_upload/medac-eu/SPCs/United\\_Kingdom/BCG-medac-PIL-UK.pdf](https://www.medac.eu/fileadmin/user_upload/medac-eu/SPCs/United_Kingdom/BCG-medac-PIL-UK.pdf) (Accessed: Septemeber 2025).

BCG-medac, Summary of Product Characteristics. Available at: <https://www.medicines.org.uk/emc/product/15353/smpc> (Accessed: September 2025).