Valrubicin Therapy Intravesical Treatment for Bladder Cancer

Your doctor has recommended that you be treated with Valrubicin also known as Valstar. This is an intravesical therapy. Intravesical is when a liquid treatment is put into the bladder through a catheter or tube.

Valrubicin is the best treatment for your type of bladder cancer. It lowers the chance that the cancer will return or continue to grow. Valrubicin is a chemotherapy drug. However, because it is given through the bladder, it does not usually have the same side effects as chemotherapy given through an IV. This treatment is well-tolerated and is safe. This treatment is usually given once a week for six weeks.

Before Your Treatment

- **Do not** drink anything for 4 hours before treatment.
- Empty your bladder right before the treatment.
- You will be given a form, called the Quantitative Symptom Score Sheet.
- On the day of your first treatment, you will fill in the Pre-Treatment column on the form. Your nurse will help you fill out this information.
- Bring your Quantitative Symptom Score Sheet with you to each visit. Make sure to fill it out around the same time each day. Your nurse will discuss your answers with you before your treatment.

On the Day of Your Treatment

- You will be asked to undress from the waist down and given a sheet to cover yourself.
- Your nurse will have you lie on your back on the exam table.

This handout is for informational purposes only. Talk with your doctor or health care team if you have any questions about your care.

• A cleansing solution called Betadine will be used to lower the risk of infection from the catheter placement.

• Lidocaine gel, a numbing medicine, will be placed into your urethra to make the catheter placement more comfortable. The urethra is the tube that carries urine out of your body.

• The catheter will be placed into your urethra.

• This catheter will let the urine drain from the bladder. Once the urine is drained, Valrubicin will be placed into your bladder through the same catheter.

• After the Valrubicin is given, the catheter is removed. The Valrubicin will remain in the bladder.

• You will need to lie flat for 15 minutes after the procedure. After the 15 minutes, you will be able to get up, wash your genital area and get dressed.

• You will need to wear a pad home to soak up any liquid that may leak out.

After Your Treatment

• Do not drink anything for 2 hours after your treatment.

• To keep the Valrubicin in your bladder, do not urinate for 2 hours if possible. But, do not hold your urine for longer than 3 hours.

• You will need to write down how long you held the medicine in your bladder. Use your Quantitative Symptom Score Sheet to write down this information. Your nurse will ask you for this information at each visit.

• You may return to your normal activities.

Safety Guidelines

• Use the same toilet in your home each time you urinate.

• To avoid splashing or spraying, sit on the toilet while you urinate.

• During the first 6 hours after treatment, follow these steps each time you urinate:
  ▶ Flush the toilet two times with the lid down.
  ▶ Wash your genital area after you urinate to avoid skin irritation.
• **If you are sexually active you or your partner must wear a condom:**
  - During your 6 weeks of treatment
  - And for 1 week after your last treatment

**Side Effects**

After your Valrubicin treatment, your urine may be a light red color. This is normal and should go away after you urinate 1 to 2 times after your treatment.

**Symptoms usually do not last longer than 3 to 5 days.** There are medicines that can help reduce side effects.

**Call your doctor if you have any of the following:**

• Fever
• Frequent urination
• Urgency of urination
• Blood in urine
• Burning while urinating
• Bladder spasms or pain
• Arthritic or joint pain
• Flu-like symptom

**Call your doctor right away if you have a temperature greater than 101.5 degrees Fahrenheit.**