

Ten Weeks versus 6 Weeks Maintenance Intravesical Instillation of Mitomycin-C for Prevention of Recurrence of Ta/T1 Transitional Cell Carcinoma of the Bladder: A Retrospective Study in a Single Institution

Introduction and Objective: A retrospective study which investigates the optimal schedule for intravesical installation of Mitomycin-C to maximize its effect on prevention of disease recurrence after transurethral resection of recurrent Ta/T1 transitional cell carcinoma of the bladder.

Material and Methods: Two groups of patients who had histological confirmation of disease recurrence after the first transurethral resection of Ta/T1 transitional cell carcinoma of the bladder were included. One group of 50 patients [group-1] was instilled with Mitomycin-C (40mg in 40ml of water) once weekly for 6 weeks. The second group of 50 patients [group-2] received 10 once-weekly intravesical instillation of Mitomycin-C. All patients had follow-up cystoscopy at 3, 6 months and yearly afterward. Non-recurrence rate was compared over 10 years' follow-up period.

Results: In the follow-up period 24 group 1 patients (%) and 27 group 2 patients (%) had recurrent disease. The 10 years' non-recurrence rate in group 1 was not statistically different than that of group 2 throughout the observation period ($p=0.005$).

Conclusions: Our study indicates that a 10-week schedule is not more effective than a 6-week schedule in preventing disease recurrence after transurethral resection of Ta/T1 transitional cell carcinoma of the bladder.