

BOTOX INJECTION PATIENT INFORMATION SHEET

INTRODUCTION

Botox has been used safely for the treatment of overactive muscles which cause various forms of muscle spasm and spasticity. The bladder muscle can also become somewhat automatic in its behaviour, or overactive, contracting involuntarily. Botox can be used to decrease this activity. The result of injecting Botox into the bladder muscle is to suppress episodes of incontinence and increase the bladder's capacity. Sometimes it is used to improve urethral function eg, to make it easier to pass a catheter or urinate.

PREPARATION FOR PROCEDURE

Antibiotics are used to prevent infection associated with procedures done when the bladder has this type of problem. Botox injections are done typically as a day procedure under general anaesthesia. In very motivated patients local anaesthesia can be considered. The Botox is injected into the appropriate sites in the bladder under cystoscopic guidance; i.e. visual examination with a telescope in the bladder to ensure accurate placement of the drug. The procedure takes approximately 15 minutes.

You should expect to take the day off work. **DO NOT** drive yourself to your appointment.

WHAT CAN I EXPECT AFTERWARDS?

A slight amount of blood may be present in the urine but this is expected to settle within 24 hours. Some discomfort may be experienced initially but this usually settles in the same time frame.

The effect of Botox as a therapy usually takes 4-7 days to reach maximum effect. This may be associated with urinary retention or an inability to urinate. Your doctor will have discussed the risk of urinary retention with you prior to going ahead with the injection. Urinary retention is the inability to pass urine spontaneously. This is treated with the intermittent passage of a catheter – a process called intermittent self catheterization. The risk of urinary retention depends on the dose of Botox used and your underlying condition. For example, if the basis for the bladder problem is Multiple Sclerosis, 300 units are required to stop the severe problem and retention is expected. A risk–benefit discussion is required to determine the best dose for you. Generally lower doses are associated with shorter duration of effect, less pronounced effect AND lower risk of retention.

You may be required to keep a record of your urine output at specified intervals to demonstrate the effect of the Botox.

Please call the rooms on 3947 9911 if you are having difficulty passing urine or experience any unexpected bladder problems. If you are a patient of Melbourne Private Hospital and difficulties arise out of business hours, please call the Melbourne Private Hospital on 8341 3460 or Dr. O'Connell's paging service on 9387 1000.