

### How to contact us:

St Helens Urology Unit

Telephone—01744 646310

### Website links:

[www.baus.org.uk](http://www.baus.org.uk)

[www.bladderandbowel.org](http://www.bladderandbowel.org)

[www.bbuk.org.uk](http://www.bbuk.org.uk)

[www.nhs.uk](http://www.nhs.uk)

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Marshall Cross Road,  
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[www.sthk.nhs.uk](http://www.sthk.nhs.uk)

## Patients having Bladder Botox injections

This leaflet can be made available  
in alternative languages / formats on request.

如有需要，本传单可提供其他语言/版式  
此單張的其他語言/格式版本可按要求提供

Na żądanie ta ulotka może zostać udostępniona  
w innych językach/formatach.

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## What is botox?

Botulinum toxin A (Botox) has been used for several years for the treatment of a variety of conditions which are caused by muscle over activity.

Botox works by binding to the nerve endings of muscles, causing the bladder to relax.

## Why has my doctor recommended Botox injections for my bladder condition?

Botulinum toxin A injections are used to treat an over active bladder.

This can cause symptoms of:

- Urgency to pass urine
- Leakage and urgency in passing urine
- Frequency in passing urine.

## What are the alternatives?

We recommend that all patients try conservative treatments before having an operation because this avoids the risk of side effects and complications after surgery:

- Incontinence pads – if your symptoms are not a bother, you may choose to do nothing and use pads for leakage
- Conservative measures – including weight loss, increasing fluid intake, reducing caffeine and alcohol
- Bladder re-training – learning techniques to hold on and override your urge to pass urine.
- Medication – these may help if conservative treatment does not work.

## When would I need to seek further advice?

If you have one or a combination of the below symptoms. You may have a urinary tract infection and will need to contact your GP:

- Sensation you need to pass urine frequently
- Pain on passing urine
- Cloudy urine
- Pain in your lower stomach / near your groin
- Having a temperature

## When will I be followed up?

You will have your follow up by telephone in 6 weeks, by one of our specialist practitioners.

This appointment will be requested on the day of treatment.

If there are any concerns, we will ask you to come in for a clinic appointment.

Other side effects:

- Mild burning sensation
- Infection
- Allergic reaction
- Generalised weakness of the legs, arms.

### How long will the benefits last?

Your symptoms may take 7-14 days to respond to the injections.

Sometimes symptoms get worse before they get better.

The effects of the injections last for different lengths of time. For some it can be a few months or around a year.

When your symptoms return you can have further injections and most people find having repeat injections works well over many years.

### How will I know if I need to use my self-catheters?

- You may stop passing urine completely
- Your flow may be reduced /dribbling
- Incomplete emptying / bloating

Botox bladder injections are usually tried if the treatments are not effective. Other treatment options that can be used instead of botox injections include:

- Sacral nerve stimulation – a device planted in your lower back that sends electric signals to the bladder nerves
- Posterior tibial nerve stimulation (PTNS) – electrical stimulation of a nerve near your ankle
- Enterocystoplasty – a major operation that enlarges your bladder using a piece of bowel.

### Pre-appointment

When you are listed for the procedure you will be required to be taught Clean Intermittent Self-Catheterisation (CISC). If you have not been taught to self-catheterise please contact us before your appointment date.

If you are taking anticoagulants (blood thinners) these need to be stopped before your injections - please contact the unit for advice on this: 01744 646310.

### What happens on the day of the procedure?

Your procedure will be completed as an outpatient in the Green Zone, Urology Unit at St Helens Hospital. Occasionally this is done in theatre, but we will inform you of this on your appointment letter.

**You will be awake for your procedure** and this will take around 10 minutes.

## Details of the procedure?

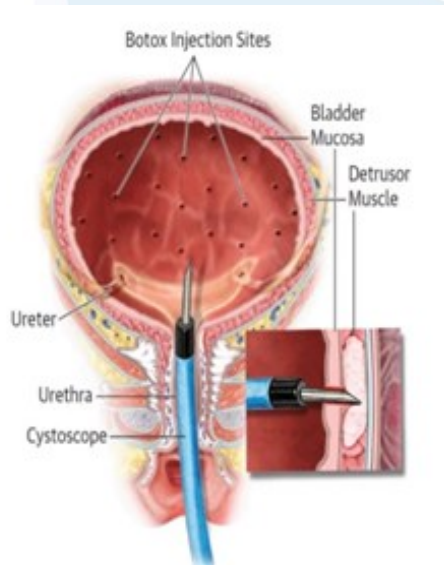
Your procedure will be carried out by a doctor or a nurse trained in performing the procedure.

We will ask you to provide a urine sample so we can test to rule out infection in the urine – if this indicates infection we will defer your procedure to another date. We will also carry out a pregnancy test in ladies age 18 - 55 years.

We will explain the procedure and go through the written consent process. The team will then go through a pre-procedure checklist to ensure it is safe to proceed.

We will ask you to change into a gown and empty your bladder.

We will give you an antibiotic injection into the muscle in your leg to help prevent infection. We will use a local anaesthetic gel into your urethra (water pipe). We put a telescope into your bladder – this is called a cystoscope. The telescope is passed through your urethra (water pipe) so no cuts will be made on your skin. (See picture).



Your bladder will be examined first, then a special needle will be passed through the cystoscope and we will carefully inject the botox into different parts of the bladder.

The injections are not usually painful but some patients can find them uncomfortable.

You can go home after the procedure.

## How successful are Botox injections?

60 - 80% of patients (60 - 80 out of 100) see an improvement in bladder symptoms.

## Are there any benefits, side effects, risks?

- Whilst botox injections reduce the frequency, urgency and severity of urge incontinence, some patients do not experience any relief in their symptoms.
- Botox is sometimes so effective that it can be difficult to pass urine after having the injections. Some patients will not be able to pass urine at all – this is called 'retention'. This does not happen immediately – it can take 1 – 2 weeks to develop. This is why you would have been taught to self-catheterise until the botox wears off and you start passing urine again and fully empty your bladder.
- You may see blood in your urine immediately after the procedure – increase your fluid intake and this should settle after 24 hours.