

Intravesical Botox

Patient Information – Urology Service

Botulinum toxin or Botox, as it is more commonly known, is a purified toxin made from the botulinum bacillus. It is widely used and is now commonly used to treat urological conditions that have not responded to conservative management or standard therapies.

Uses

Overactive bladder syndrome where people experience problems such as:

- Going to the toilet frequently day and/or night.
- A sudden, and urgent desire to go to the toilet that, if ignored, may lead to small or large volume incontinence.
- Leakage that occurs with certain triggers (activities), for example getting up from bed or a chair, key in the door syndrome, or hearing running water.
- Leakage which occurs for no apparent reason.
- Leakage of urine associated with neurological conditions including multiple sclerosis, Parkinson's disease, spinal cord injury and stroke.

Actions

Botox acts by binding to the nerve endings of muscles, blocking the release of a chemical inside the body that causes the muscles to contract. When the Botox is injected into specific muscles the muscle becomes paralysed or weakened but leaves surrounding muscles unaffected allowing for these muscles to function normally.

Technique

This is mostly an outpatient procedure although a small number of patients may need to have a general anaesthetic. The procedure takes approximately 10 minutes. Botox is injected inside the bladder through a cystoscope. This is a lighted tube which passes down the urethra and lets the doctor see the lower urinary tract and the inside bladder walls.

A local anaesthetic jelly is used to minimise any discomfort. Most people only experience minor discomfort which can be relieved by taking pain relief such as paracetamol or ibuprofen.

The dose and number of injections will be determined by your doctor according to the underlying problem and symptoms. Most commonly 10 injections are made into the muscle of the bladder and 10 mL (100 units) of Botox is instilled. You may resume your normal daily activities when you leave the urology outpatient clinic.

Before you attend your appointment, you will be asked to provide a urine sample to check whether you have a urinary tract infection. This needs to be checked at least a few days in advance so that any infection can be treated. If this is not done or an infection is left untreated you will not be able to have treatment. Urinary tract infections do not always have obvious symptoms.

Effectiveness

Botox is not effective for every patient.

Botox will only give temporary relief from urinary symptoms, with its effectiveness tending to last nine to 12 months. Usually treatment can be repeated after 12 months depending on the individual patient requirements. Your doctor will determine the frequency of treatment.

Botox may take between one to three weeks to reach its full effect.

Possible complications

All procedures have a potential for side effects. You should be reassured that, although these complications are well-recognised, the majority of patients do not suffer any problems after a urological procedure.

Possible side effects from the administration of Botox include:

- Blood in the urine (mostly in first 24 hours)
- Discomfort on passing urine (mostly settles after 24-48 hours)
- Urinary tract infection
- A bladder that does not empty adequately – sometimes a catheter is required for this
- Poor or weak flow
- Hypersensitivity to Botox (rare).

Most of these side effects are temporary. Please contact your continence advisor or GP if you have any concerns.

Follow-up

If this is your first or second treatment with Botox, you will receive a phone call from our continence nurse specialists at week one and week three.

If this is your third or subsequent treatment you will be contacted at two weeks by our continence nurse specialists.

Contact information

If you are experiencing problems, please call one of our continence nurse specialists on (03) 364 0541 or (03) 364 1008. Do not wait for their calls to you.

Continence Advice

NURSE MAUDE HEALTH AND MOBILITY SHOP

285 Wairakei Road	Monday – Friday
Bryndwr	8.30 am – 4.30 pm
Christchurch 8053	Closed weekends and public holidays
(03) 375 4200	https://nursemaude.org.nz/health-and-mobility-shop/

For more information about:

- Hospital and specialist services, go to www.cdhb.health.nz
- Your health and medication, go to www.healthinfo.org.nz
- NZ Continence Association, go to www.continence.org.nz

For information on parking, how to get to the hospital, and visiting hours, please visit www.cdhb.health.nz