

Information for Patients

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# Botox

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# What is Botox?

Botox or botulinum toxin, is a purified toxin made from the botulinum bacillus. It is widely used to treat bladder conditions which have not responded to standard therapies.

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



## What can Botox treat?

Overactive bladder syndrome, where people experience problems such as:

- Going to the toilet frequently day and/or night.
- A sudden, urgent desire to go to the toilet which if ignored may lead to urine leaking.
- Leakage which occurs for no apparent reason.
- Leakage of urine associated with a variety of conditions including multiple sclerosis, spinal cord injury and stroke.

## Technique

This procedure can be done at Urology Associates. It takes approximately 10 minutes.

Botox is injected into the bladder through a flexible cystoscope which is a lighted telescope that lets the doctor see the lower urinary tract and bladder walls.

A local anaesthetic jelly is used to minimise any discomfort. Most people only experience a minor discomfort and this will respond to paracetamol tablets.

The dose and number of injections used in the bladder will be determined by the Urologist, according to the underlying problem. Most commonly 10-12 injections are made into the muscle of the bladder and (100 units) of Botox is instilled. In some people a higher dose might be recommended.

You may resume your normal activities after your Botox treatment at Urology Associates.

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## Effectiveness

- Botox is not effective in all patients.
- Botox will only give temporary relief from urinary symptoms, with its effectiveness tending to last approximately 9-12 months.
- It can be repeated as needed.
- Botox may take between 1-3 weeks to reach its full effect.

## Follow-up

A week after the procedure you will be contacted by the Urology Nurse. As it is possible to retain some urine in the first few weeks following Botox, you may need an extra clinic visit for a simple bladder scan. You may also need to be taught how to use an in/out catheter to intermittently empty the bladder until some of the effect of the Botox has worn off.

You will also have an appointment or follow-up phone call 6 weeks later for a review with your Urologist.

## Possible side effects

Blood in the urine – Common

Urinary tract infection – Uncommon

A bladder that does not empty adequately – Unusual

Hypersensitivity to Botox – Rare



# Troubleshooting

## **Blood in the urine**

- Occurs most commonly in the first 24 hours.
- Just rest and increase your fluid intake.
- Should resolve within 1 or 2 days. If concerned contact Urology Associates.

## **Urinary tract infection**

- If you have symptoms of a urinary tract infection see your GP to give a urine sample and they may prescribe antibiotic treatment.
- Increase your fluid intake.

## **A bladder that does not empty adequately (retention)**

- If you have problems emptying your bladder contact Urology Associates for advice.

## **Hypersensitivity to Botox**

- If you feel unwell immediately following the Botox injections please tell the Nurse or Urologist.





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