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# Uroformation

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## Instillation of Botox

*The Uroformation series is a co-operative venture in patient centered urological information.*

**urology**  
associates





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## What is Botox?

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

Botox acts by binding to the nerve endings of muscles, 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.

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## What can Botox treat?

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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.

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## Technique

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

Botox is injected into the bladder through a 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 doctor, according to the underlying problem. Most commonly 12 injections are made in to the muscle of the bladder and ten millilitres (100 units) of botulinium toxin is instilled.

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

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## Effectiveness

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Botox is not effective in all patients

Botox will only give temporary relief from urinary symptoms, with it's effectiveness tending to last approximately 9-12 months. However, it can be repeated as needed.

Botox may take between 1-3 weeks to reach its full effect.

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## Follow up

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A week after the procedure you will be contacted by the urology continence 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 4 weeks later for a routine review.

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## Possible side effects

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Blood in the urine—Common

Urinary tract infection—Uncommon

A bladder that does not empty adequately—Unusual

Hypersensitivity to Botox—Rare

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## Troubleshooting

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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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This information booklet along with  
the rest of the series are available  
on our website.