



## Saint Mary's Hospital Gynaecology Service

# Botulinum Toxin (Botox) for overactive bladder

Information For Patients



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## What is Botox (Botulinum toxin)?

The treatment is called Botulinum Toxin A. You may have heard of this drug under the brand name BOTOX®. It is often used as a beauty treatment to get rid of wrinkles or to stop people sweating, but it can also be used medically to treat muscle disorders, including cerebral palsy. Injections of this drug into the bladder wall have successfully treated patients with overactive bladders.

## Why do I need it?

You have a condition called overactive bladder. This means you may be experiencing some or all of the following:

- Passing urine more frequently than normal.
- Have a strong urge to pass urine that you cannot put off.
- Urinary leakage when you cannot get to the toilet quickly enough.
- Getting up to pass urine more than once through the night.

If other forms of treatment, for example, bladder retraining, diet and fluid advice or medication have not helped your bladder problem you may be offered Botox.

## What are the benefits of Botox injections?

The injection paralyses part of the bladder muscle, which means that the bladder becomes more relaxed and stretchy so that you should be able to hold on longer before feeling the need to empty your bladder. This should help to reduce your episodes of urgency and urge incontinence.

## What will happen to me when I have Botox injections?

A local anaesthetic gel is put into your urethra (the tube that carries urine from the bladder) a few minutes before the procedure. A thin tube called a cystoscope is inserted into your urethra and on into your bladder, and this is attached to a camera so that pictures are displayed on a TV screen. Small injections are then made into the wall of the bladder in about 10 places.

After the treatment, we will make sure you have passed urine without any problems and check that you feel up to going home.

A few days after the treatment, we will need to see if you have any problems, especially with emptying your bladder. You may be seen in clinic or we may do this by telephone. You may need to have a scan of your bladder to check that it empties. We will check on your progress six weeks after the treatment. Often you will need future treatments to maintain the improvement.

## How soon will I see results?

The effects of Botulinum Toxin usually start 1-7 days after the injection. The effect can last between 6-12 months; it cannot be reversed but will gradually wear off with time. Because the effects cannot be reversed, you should be certain you want the procedure to be done.

Many people with overactive bladders need repeated injections. Botox has been used for at least 20 years in the treatment of other muscle problems, but has only been used in the last 10-12 years in the bladder. As it is a relatively new treatment, we do not yet know enough about the long-term effects of repeated treatments.

## How successful are Botox injections?

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

## Will there be any side effects?

Up to one person in six may have difficulty emptying their bladder. If you have that kind of difficulty, our nurses can give you advice and treatment. You may get bladder catheters to use. These are disposable tubes the size of a piece of spaghetti. You use one to empty your bladder then throw it away. You may need to use two or three a day. No tube stays in your bladder, so you don't have to wear a bag.

One person in ten might get cystitis, a urine infection, in the first few days after the treatment. This should get better with antibiotics.

Other side effects are rare. They include a flu-like illness, aching muscles and a feeling of nausea.

## Follow-up appointments

After you have had your follow-up appointment at the hospital, you can telephone to make an appointment for further treatment when you feel this is necessary. Please contact the Warrell Unit administration team on (0161) 276 6570 (office hours, Monday–Friday).

## Helpful contact numbers:

If you experience any difficulties/problems, please ring:

Out-patient nurse answerphone: (0161) 276 6911

For urgent out of hours enquiries:

Emergency Gynaecology Unit: (0161) 276 6204 (24 hours; 7 days)

## **Violence, Aggression and Harassment Control Policy**

We are committed to the well-being and safety of our patients and of our staff. Please treat other patients and staff with the courtesy and respect that you expect to receive. Verbal abuse, harassment and physical violence are unacceptable and will lead to prosecutions.

### **Suggestions, Concerns and Complaints**

If you would like to provide feedback you can:

- Ask to speak to the ward or department manager.
- Write to us: Patient Advice and Liaison Services, 1st Floor, Cobbett House, Manchester Royal Infirmary, Oxford Road, Manchester M13 9WL
- Log onto the NHS Choices website [www.nhs.uk](http://www.nhs.uk) – click on 'Comments'.

If you would like to discuss a concern or make a complaint:

- Ask to speak to the ward or department manager – they may be able to help straight away.
- Contact our Patient Advice and Liaison Service (PALS) –
- Tel: 0161 276 8686 e-mail: [pals@cmft.nhs.uk](mailto:pals@cmft.nhs.uk). Ask for our information leaflet.

We welcome your feedback so we can continue to improve our services.



## No Smoking Policy

The NHS has a responsibility for the nation's health.

Protect yourself, patients, visitors and staff by adhering to our no smoking policy. Smoking is not permitted within any of our hospital buildings or grounds.

The Manchester Stop Smoking Service can be contacted on  
Tel: (0161) 205 5998 ([www.stopsmokingmanchester.co.uk](http://www.stopsmokingmanchester.co.uk)).

## Translation and Interpretation Service

It is our policy that family, relatives or friends cannot interpret for patients. Should you require an interpreter ask a member of staff to arrange it for you.

تنص سياستنا على عدم السماح لافراد عائلة المرضى او اقاربهم او اصداقناهم بالترجمة لهم. اذا احتجت الى مترجم فيرجى ان تطلب ذلك من احد العاملين ليرتب لك ذلك.

بماری یہ پالیسی ہے کہ خاندان ، رشتہ دار اور دوست مریضوں کے لئے ترجمہ نہیں کر سکتے۔ اگر آپ کو مترجم کی ضرورت ہے تو عملے کے کسی رکن سے کہیں کہ وہ آپ کے لئے اس کا بندوبست کر دے۔

ইহা আমাদের নীতি যে, একজন রোগীর জন্য তার পরিবারের সদস্য, আত্মীয় বা কোন বন্ধু অনুবাদক হতে পারবেন না। আপনার একজন অনুবাদকের প্রয়োজন হলে তা একজন কর্মচারীকে জানান অনুবাদকের ব্যবস্থা করার জন্য।

Nasze zasady nie pozwalają na korzystanie z pomocy członków rodzin pacjentów, ich przyjaciół lub ich krewnych jako tłumaczy. Jeśli potrzebują Państwo tłumacza, prosimy o kontakt z członkiem personelu, który zorganizuje go dla Państwa.

Waa nidaamkeena in qoys, qaraaboamasaaxiiboaysanu tarjumikarinbukaanka. Haddiiaad u baahatotarjumaankacodsoxubinka mid ah shaqaalahainaykuusameeyaan.

我们的方针是，家属，亲戚和朋友不能为病人做口译。如果您需要口译员，请叫员工给您安排。



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