

What to Expect from Your Bladder Botox Procedure

You have been scheduled for a Botox bladder injection. This procedure is performed when medications fail to improve overactive bladder symptoms such as urinary frequency, urgency, and leakage associated with urgency.

Published studies show that 80 to 90% of patients have markedly improved bladder function and quality of life with this treatment. Unfortunately, the improvement in bladder function does not last forever. Generally, the improved urinary function slowly wears off after 4 to 12 months. Most patients report around 9 months of improvement. Many patients elect to have it repeated every 6 months.

A. What To Expect Before:

1. Medications: Generally, you continue taking all your medications prior to Botox Bladder Injection. However, make sure your doctor knows if you take any medications that thin the blood.

In most cases, we would ask you to STOP blood thinners several days before your procedure. Please clarify with Dr. Thompson when she would like for you to stop your specific blood thinner.

2. ANTIBIOTICS: When you arrive at the urology clinic on the day of your procedure, you may be given an antibiotic prior to the procedure. Some patients are given antibiotics to pick up at the pharmacy after the procedure.

B. What to Expect During:

1. Pain control: Prior to the procedure, lidocaine will be placed in the bladder for about 10-20 minutes to anesthetize the bladder.

2. The Procedure: The procedure only takes a few minutes to perform. Using a flexible cystoscope and a tiny injection needle, the doctor systematically injects Botox in dozens of sites throughout the bladder. You will be able to watch the procedure on a TV monitor.

3. The Effect: Botox takes some time to work so you MAY NOT see improvements until 6 weeks after the procedure.

C. What to Expect After:

1. Normal side effects:

a. Burning: It is normal to feel a burning sensation while urinating after the procedure. Drink plenty of fluids. This should quickly resolve.

b. Bleeding: After the procedure you may notice blood in the urine. Limit your activities until this blood is resolved. If you are concerned about excessive bleeding, please contact your urologist or go to the Emergency Room. **Typically, we would recommend that you do not restart blood thinners until your urine has been clear yellow for at least 48 hours.**

2. Abnormal side effects:

a. You should not develop high fevers or have shaking chills after this procedure. Serious infections are very uncommon after flexible cystoscopy but they can occur. If you develop high fevers or chills, go immediately to the Emergency Room.

b. About 10% of patients will be unable to urinate after the Botox procedure. If you are unable to urinate, either call our office or go to the Emergency Room to have a catheter placed. This result does not last forever and will resolve as the Botox wears off.

D. Future Visits:

1. You will be given an appointment with our nurse to ensure that you are emptying your bladder sufficiently--this is typically scheduled 2 weeks after the procedure.
2. You will meet with Dr. Thompson 6 weeks after the procedure to see how well the Botox worked for you. Please begin to keep a voiding diary 3 days before the follow-up appointment to show DR Thompson. Record amount and time of fluid intake as well as every time that you void or leak urine.