How can I help to reduce Healthcare Associated Infections?

Infection control is important to the well-being of our patients and for that reason we have infection control procedures in place. Keeping your hands clean is an effective way of preventing the spread of infections. We ask that you, and anyone visiting you, use the hand sanitiser available at the entrance to every ward before coming into and after leaving the ward. In some situations hands may need to be washed at the sink using soap and water rather than using the hand sanitiser. Staff will let you know if this is the case.

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If you require a translation of this leaflet please call 01296 316293
Botulinum Toxin Type A (Botox®) Injections into bladder

Whenever botulinum toxin is referred to, this refers to botulinum toxin type A.

This leaflet aims to inform you about treatment of bladder symptoms with botulinum toxin injections. This treatment is used for women with:

- Severe overactive bladder symptoms (increased frequency, urgency and unable to hold urine, etc) that have been unresponsive to other treatments such as medication, bladder re-training.
- Patients who have a proven overactive bladder (Detrusor over-activity) on Urodynamic investigation.

What is Botox®?

Botox® is a brand name of a toxin produced by the bacterium Clostridium botulinum. It has been used for several years for a variety of conditions which are caused by muscle over-activity (such as muscle spasms in patients with spinal injuries and cerebral palsy).

There are different brand names or types that are used in Medicine. Botulinum toxin Type A is used for the bladder symptoms. An injection of botulinum toxin into the bladder muscle prevents the bladder muscle from contracting strongly.

What should I expect before the procedure?

You will be referred to a Continence Advisor (i.e. nurse) who will teach you how to pass a catheter (a tube) into your bladder to empty it — this is called “clean intermittent selfcatheterisation” (CISC).

It is our practice to organise CISC as a safeguard in case you are one of the 20% of women who are unable to empty the bladder completely after the procedure.

We continually strive to improve the quality of information given to patients. If you have any comments or suggestions regarding this information booklet, please contact:

Women & Children’s Directorate
Buckinghamshire Healthcare NHS Trust
Stoke Mandeville Hospital
Mandeville Road
Aylesbury
Buckinghamshire
HP21 8AL
Useful Contact Numbers

Stoke Mandeville Hospital
Consultant Gynaecologists
Ward 16B
Cystoscopy Suite
01296 316239/6548
01296 318111/318110
01296 316293

Wycombe Hospital
Consultant Gynaecologists
01494 425009/425724

Please Note
This leaflet explains some of the most common side-effects that some people may experience. However, it is not comprehensive. If you experience other side-effects and want to ask anything else related to your treatment please contact the Cystoscopy suite on 01296 316293.

- We will ask you to come to the Day Surgery Unit at the hospital on the day you are having the procedure done.
- You will be seen by your named nurse, your consultant and an anaesthetist.
- You will be asked to sign a consent form giving permission for your operation to take place, showing that you understand what is to be done and ensuring that you wish to proceed.

How is the botulinum toxin injected into my bladder muscle?
This is a day case procedure and is performed under local anaesthesia (rarely under general anaesthesia). The doctor carrying out the procedure will clean your genital area with a mild antiseptic solution. A local anaesthetic gel is used to numb and lubricate the urethra (natural passageway into bladder). The doctor will use a special flexible telescope to examine your bladder and urethra – this is called a flexible cystoscopy. Please see the link to the Cystoscopy leaflet: http://www.buckshealthcare.nhs.uk/For%20patients%20and%20visitors/patient-information-leaflets.htm#Obstetrics%20and%20gynaecology

The telescope is passed through the urethra into the bladder, so no cuts need to be made. Sterile water is run into the bladder through the telescope to fill the bladder and to give a clearer picture. The doctor will examine the bladder carefully and then inject the botulinum toxin into the bladder wall through a special needle passed through the telescope.

The procedure usually takes 15-20 minutes and the doctor carrying out the procedure will explain it to you as it happens. A nurse will remain with you whilst the procedure is taking place to support you. This procedure is usually well tolerated with local anaesthetic gel. However, if you wish to have additional sedation or general anaesthesia, please discuss this during the consultation.
**What are the benefits?**
Approximately 60-80% of women have less frequency, urgency and less episodes of incontinence following the procedure. Some patients do not experience any relief of their symptoms. Symptoms may become worse in extremely rare cases.

**Are there any side-effects to Botox®?**
The use of botulinum toxin is safe and very well tolerated. Most procedures have a potential for side-effects but the majority of patients do not experience any problems after this procedure.

1. You may have slightly pinkish or blood-stained urine. If this happens, please drink 1.5—2 litres (2.5—3.5 pints) of water per day.

2. If you have any or a combination of following symptoms, you may have a urinary tract infection:
   - Sensation of wanting to pass urine frequently
   - Pain or burning sensation on passing urine
   - Cloudy urine
   - Loin pain
   - Fever
   If this happens, please have your urine tested at your GP surgery. If you have a urine infection you will need antibiotics to clear it up.

3. Botulinum toxin is sometimes so effective that 1 in 5 women may experience difficulty in emptying their bladders adequately. This may happen immediately after the procedure or 1—2 weeks after the procedure. If this happens you will need to practice "clean intermittent self catheterisation" (CISC) as mentioned earlier.

   You will need to self catheterise until the effect of the botulinum toxin wears off and until you start emptying your bladder adequately. This could take 6—12 months.

4. Rarely patients (less than 1 in 50) experience generalised muscle weakness or flu like illness following the injections, lasting for a week or two. Some other rare symptoms are headache, light-headedness, fever, abdominal pain and diarrhoea.

**How long will the benefits last?**
Your symptoms may take 7-14 days to respond to the injections. Your symptoms may get worse before they improve. The effects of injections last for different lengths of time for different patients (few months to a year or two). If you think the injections have been beneficial, you may require a repeat treatment in 6-9 months time when the effect of botulinum toxin wears off.

**Follow up**
We will see you back in the clinic in approximately 8 weeks time to assess your response to the treatment.

**Further help and information**
The Cystoscopy and Overactive Bladder Foundation,
Tele: 0121 4761222
www.cobfoundation.org

Bladder and Bowel Foundation,
Tele: 01536 533255
www.bladderandbowelfoundation.org