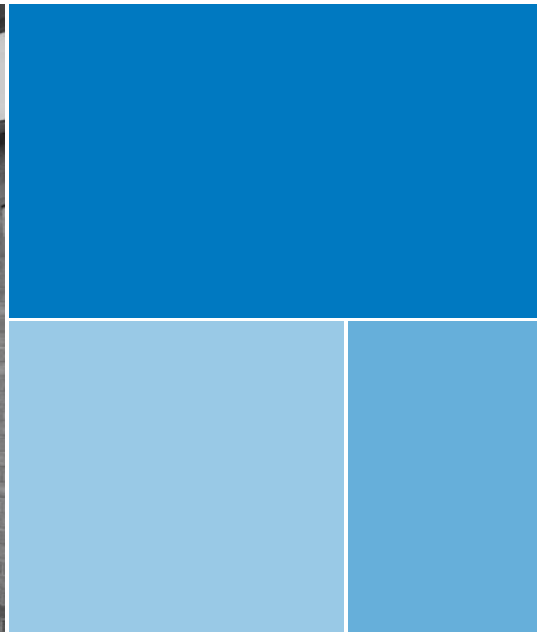


Flexible Cystoscopy and Botulinum Toxin A (Botox®)



[Patient Information](#)

Botulinum toxin is a neurotoxic drug safely used for the past twenty years to control various muscular disorders of a urological origin.

It is licensed for use in treating muscle spasm, excessive sweating of the armpits, and also foot deformities in children with cerebral palsy. It is not yet licensed for use in the bladder. However, in recent years, physicians in both Europe and America have reported its success when used in the treatment of bladder over activity, which is one of the most common causes of urinary incontinence.

The use of botulinum toxin in the treatment of patients with overactive bladder not responding to conservative treatments and who are willing and able to self catheterise has been recommended by the National Institute of Clinical Excellence (NICE). However, the use of botulinum toxin A for this indication is outside the UK marketing authorisation for this product so an informed consent prior to Botox® injection needs to be obtained and documented.

The intravesical Botox® injection can be performed as a day case procedure under local anaesthetic in the endoscopy unit. You will be asked to take a urine sample to your GP ten days before the appointment for injections so that it may be tested for infection. If the results of this test are in any way abnormal or show an infection, you will need a course of antibiotics which can be prescribed by your GP.

On the day of injection, you will be admitted to the endoscopy ward and you will be asked to provide a fresh sample of urine so that it may be tested for infection.

If there is no infection, you will then proceed to having Botox® injections. 200 – 300 units of botulinum toxin is injected into the bladder using a special bladder telescope (fibre optic flexible cystoscope), which does not require general anaesthesia. An anaesthetic gel is applied to the urethra and the flexible cystoscope is passed into the bladder. The bladder is then injected with 10 units of botulinum toxin type A at 20-30 spots depending on underlying pathology of overactive bladder.

After the procedure the bladder is washed out with saline. You will be given a short course of antibiotics to avoid infection and allowed to go home after passing urine.

There is a significant risk depending on the underlying pathology for overactive bladder of 20% to 70% that the botulinum toxin may temporarily reduce the ability of bladder to contract so that following treatment, you may need to self catheterise intermittently to empty the bladder until the bladder's power recovers. You must be willing and able to do so and should have seen a urology nurse specialist for demonstration of the technique.

Botulinum toxin is a very safe product but as with any drug there may be side effects. In some studies, less than one percent of patients have complained of a rash and flu like illness or drowsiness. There have been three reported cases of weakness of both arms in the world literature following treatment but this is obviously very rare (less than 1/1000) considering the enormous number receiving this medication. As with any new drug there may be unforeseen side effects but we do not expect you to suffer major health problems by undertaking this treatment.

You will be given a follow up appointment in the Urology clinic in six weeks to check on progress with the treatment and deal with any medical problems that may have come about as a result of the Botox® treatment. You will be asked to empty the bladder while in the department and a bladder scan will be performed to check bladder emptying. If you are not emptying your bladder, you will be asked to perform self intermittent catheterisation till bladder power recovers.

For women: You must not have Botox® injection into your bladder if you are pregnant or may become pregnant whilst the effects of drug may be present.

If you have any questions then please get in touch with the Urology secretary on 01493 453636 or Endoscopy Unit 01493 452062.



communication for all

The hospital is able to arrange for an interpreter to assist you in communicating effectively with staff during your stay through INTRAN.

If you need an interpreter or a person to sign, please let us know.

If you require a large print version of this booklet, please contact PALS on
01493 453240

Author:
Mr Gupta, Consultant Urologist

© January 2013
James Paget University Hospitals NHS
Foundation Trust
Review Date: January 2016
EN 22 version 1