

Cystoscopic injections of Botox



Who is this leaflet for?

This leaflet is for patients considering treatment of an overactive bladder using injections of Botulinum toxin (Botox®) into the bladder. Before you decide whether to have this treatment, it is important for you to understand why it is being done and what it would involve. Please read the following information carefully. Ask us if there is anything that is not clear or if you would like more information.

What is the purpose of this treatment?

Botulinum toxin is not yet licensed for use in the bladder. However, in recent years physicians (doctors) in both Europe and America have reported its successful use in the treatment of bladder overactivity, which is one of the commonest causes of the troublesome symptoms of urinary urgency, frequency and urge urinary incontinence. So this is a treatment option using a licensed drug, but in an unlicensed (experimental) way.

Why am I being offered this treatment?

You have an overactive bladder (which may or may not be due to a neurological condition) and you have told us you have not found a treatment so far that has worked well for you. You have said you are willing to try a new, as yet unlicensed treatment.

What will happen to me if I decide to have the injections?

The treatment is split into three parts, which are: outpatient clinic visit, treatment and post-treatment follow-up.

Outpatient clinic visit

This visit ensures that it is safe and appropriate for you to undertake this treatment. You will be seen by a member of the team who will explain the procedure to you and answer any queries you may have. If you then wish to proceed you will need to sign the consent form.

If you have not had urodynamic assessment (a test to evaluate your bladder's function and efficiency) already, it will need to be done before the procedure.

If this investigation shows that your bladder is overactive, you will then be suitable for BOTOX injections into your bladder.

Note: There is a significant risk, depending on why you have an overactive bladder, of between 20% to 70% that the botulinum toxin may temporarily reduce the ability of your bladder to contract. This means that following treatment you may need to catheterise yourself as required to empty your bladder until its power recovers. To be considered for this treatment you must be willing and able to do this, if you are not already doing so. We will discuss this at your first visit.

You will be suitable for Botox injections into your bladder only if:

- the urodynamic evaluation shows that your bladder is overactive, and
- you are willing and able to intermittently catheterise your bladder yourself should the need arise.

What does the treatment involve?

If you are suitable and decide to have the injections you will receive an appointment to attend the hospital for an injection of your bladder under local anaesthetic, unless you have requested a general anaesthetic, which would involve a visit to theatre.

Once you have been admitted to the ward you will be asked to provide a fresh urine sample so that it may be tested for an infection. This is done using the dipstick test. Should this test show no trace of a urinary infection, you will then proceed to having the injections.

1. An anaesthetic gel will be applied to your urethra and a special telescope (cystoscope) passed into your bladder.
2. The bladder will be injected with botulinum toxin type A (Botox) at 10 to 20 points, depending on whether you have a neurological condition causing the bladder to be overactive.

What happens afterwards?

You will be able to go home the same day shortly after the injections, provided you have passed urine yourself and are comfortable. It is common for your urine to have a small amount of blood staining after this procedure. This normally settles within 48 hours.

Cautions

- You must not have Botox injections into your bladder if you are pregnant or may become pregnant whilst the effects of the drug may be present.
- If you are taking blood thinners you will need to stop these 24 hours before the procedure.

What follow-up will I have?

You will be sent a follow up appointment to either see or speak with one of the team a few weeks after your injections to check on your progress and deal with any medical problems that may have come about as a result of you having had Botox injections into your bladder.

Please inform us when you feel the treatment is wearing off. At that stage you will be offered repeat injections

What are the possible side-effects?

Botulinum toxin is a neurotoxin which has been safely used for the past 20 years to control various muscular disorders of a neurological origin. It is licensed for use in treating muscle spasms (in the neck and shoulders as well as eyelid and face), excessive sweating of the armpits and also foot deformities in children with cerebral palsy. It has also been shown to be useful in the treatment of spasticity, visual squints and some digestive tract problems such as anal fissures.

Botulinum toxin is not yet licensed for use in the bladder. However, in recent years physicians in both Europe and America have reported its successful use in the treatment of bladder overactivity, which is one of the commonest causes of urinary incontinence.

By no means all patients with an overactive bladder have improved and you must not agree to have this treatment if you expect that you will definitely improve. At least in the reports so far, no patients were made worse. Botulinum toxin is a very safe product with no major side effects.

- There is a chance (15-20%) of a urinary tract infection.
- Less than 1% of patients have complained of a rash, a temporary flu-like illness or drowsiness.
- There have been reports of temporary muscular weakness in the extremities.

What are the possible benefits of the treatment?

We would hope that your symptoms improve following the injections but can give no guarantee that this will be the case. If you do improve, we do not know for how long the improvement might last. However previous studies have shown the effects of the treatment last an average of 11 months. If you are receiving repeat injections we hope to re-inject on a yearly basis, but will inject sooner if your symptoms are like those before any injections.

What are the alternatives for treatment?

Major surgery, not offered at Royal Cornwall Hospital.

What should I look out for?

Following discharge, if you are unable to pass urine or have severe vaginal bleeding, abdominal distension or pain you need to attend the Emergency Department immediately.

Contact your GP if you have other problems such as:

- high fever
- pain when passing urine or blood in the urine
- difficulty opening your bowels

Contact us

If you have any questions, please phone 01872 250000 (RCHT switchboard) and ask for your consultant's secretary or

Urogynaecology CNS: Mobile: 07824 836818
Office: 01872 252299

Your questions and comments

If you have a problem when in hospital that the staff are unable to resolve, you can contact the Patient Advice and Liaison Service (PALS) who will be happy to help you.

PALS offers assistance, advice and support for patients and their families. The service can help if you have concerns or worries about treatment or care. PALS may also be able to provide further information about tests and procedures. They also have a library of voluntary and support agencies.

Data protection

During your visit you will be asked for some personal details. This is kept confidential and used to plan your care. It will only be used by staff who need to see it because they are involved in your care and we may send details to your GP.

Information about you may be used for audit purposes and shared within the NHS. Your consent is required for this which you have a legal right to refuse.

Smoking

RCHT is a no smoking hospital. If you would like help to stop smoking before you come into the hospital. Visitors must not smoke at all in the hospital or in hospital grounds.

If you would like this leaflet in large print, braille, audio version or in another language, please contact the General Office on 01872 252690

