

Patient information factsheet

What to expect after having Botox treatment for an overactive bladder

We have given you this factsheet because you have had Botox treatment for an overactive bladder and have been placed on our waiting list for a follow-up appointment. We hope this factsheet will help to answer some of the questions you may have while you wait for your follow-up appointment. If you have any further questions or concerns in the meantime, please contact us using the details at the end of this factsheet.

When will I have a follow-up appointment?

We will arrange for you to have a telephone follow-up appointment with a specialist nurse:

- two to three weeks after your Botox treatment appointment (if this was your first Botox treatment appointment or if the Botox dose was increased)
- three months after your Botox treatment appointment (if this was a repeat Botox treatment appointment and the Botox dose remained the same)

Why do I need a follow-up appointment?

The follow-up appointment will allow us to assess your bladder symptoms and check that you are able to empty your bladder fully after the Botox treatment.

What side effects should I look out for?

Although most people will not experience any side effects, some people may experience temporary issues with urination after having Botox treatment for an overactive bladder, such as:

Urinary retention

Up to one in 20 people may experience urinary retention (a condition in which you cannot empty all the urine from your bladder) after Botox treatment.

If your bladder isn't emptying properly, you may experience some of the following symptoms:

- lower abdominal bloating
- passing small amounts of urine
- no urge to pass urine after four hours (it is normal to feel the urge to empty your bladder every three to four hours)
- unable to pass any urine at all
- feeling that your bladder has not completely emptied
- worsening of your usual bladder symptoms

Urinary retention is usually temporary and can last from a few days to a few weeks after Botox treatment (or in some cases, until the effect of the Botox has worn off completely).

If you experience any of the symptoms above, you will need to self-catheterise. For more information about this, please see the section on the next page about self-catheterisation.

Self-catheterisation

Self-catheterisation is when you insert a small, single-use flexible plastic tube, called a catheter, into your bladder to help empty it. We will have shown you how to safely do this at your first Botox treatment appointment and given you an information leaflet on self-catheterisation.

It is important that you always have a supply of disposable catheters at home in case you need to self-catheterise. We will give you some catheters at your treatment appointments. However, if you needed to self-catheterise before you had your first Botox treatment appointment, you will need to request a prescription from your general practitioner (GP) or if you have been registered, from your catheter delivery service.

Before you self-catheterise, it is important that you follow the steps below:

- Always try to pass urine normally first.
- Measure the amount of urine you are able to pass normally in a jug (this is called the **voided volume**).
- If you are unable to pass urine normally or you are only able to pass a small amount of urine (50 to 100ml), you will need to self-catheterise.
- Each time you self-catheterise, it is important that you measure the amount of urine that drained through the catheter (this is called the **residual volume**).

How often you need to self-catheterise will depend on the residual volume. The higher the residual volume, the more often you will need to self-catheterise (please see the table below for more information).

Residual volume	How often you should self-catheterise
0 to 100ml	No need to self-catheterise
100 to 150ml	Once a day
150 to 250ml	Twice a day
250 to 350ml	Three times a day

If you are unable to self-catheterise, contact us for advice. We may arrange for you to have an indwelling catheter (a catheter that remains in your bladder for many days or weeks) instead, if appropriate.

Key things to remember

- It is common to need to self-catheterise first thing in the morning and before bed.
- Don't self-catheterise more than once every three to four hours (and no more than six times a day).
- You may not need to self-catheterise every time you go to the toilet.
- If you drain less than 100ml from the catheter on three consecutive occasions, you can stop self-catheterisation.
- You may find you need to self-catheterise less often as the effects of the Botox wear off.

Blood in your urine

This is usually minor and will settle down without any treatment within a few days.

Urinary tract infection (UTI)

Contact us, your GP or call NHS 111 for advice if you experience any symptoms of a UTI, including:

- needing to pass urine more often than normal
- a burning or stinging sensation when passing urine
- blood in your urine
- feeling generally unwell

If your bladder is not emptying properly, you may still need to self-catheterise despite having an infection.

Abdominal discomfort

Some people may experience mild pelvic or abdominal discomfort (similar to period cramps) after having Botox treatment. This discomfort doesn't usually last more than a couple of days. If you experience any discomfort, you can take over-the-counter pain relief medication, such as paracetamol or ibuprofen. Always read the label or instructions before taking any medication.

Muscle weakness affecting swallowing, speech and/or breathing

In extremely rare cases (less than one in 10,000 cases), Botox can spread to other parts of the body causing muscle weakness.

Immediately contact your GP or NHS 111 for advice if you notice any changes to your ability to swallow, speak and/or breathe. In an emergency, call 999 or visit your nearest emergency department.

Contact us

If you have any questions or concerns, please contact us.

Urodynamics and physiotherapy department

Telephone: **023 8120 8967** (Monday to Friday, 8.30am to 3.30pm)

If you have a **non-urgent question or concern** outside of these hours, leave a voicemail with your name, number and a short message and a member of our team will aim to contact you within 48 hours.

If you have an **urgent question or concern** outside of these hours, call your GP or NHS 111 for advice, or in an emergency, call 999 or visit your nearest emergency department.

Useful links

www.uhs.nhs.uk/Media/UHS-website-2019/Patientinformation/Womenshealth/Botox-treatment-for-an-overactive-bladder-1335-PIL.pdf

www.uhs.nhs.uk/Media/UHS-website-2019/Patientinformation/Womenshealth/Clean-intermittent-self-catheterisation-1336-PIL.pdf

www.bbuk.org.uk/adults/adults-bladder

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