BLADDER BOTOX PROCEDURE INFORMATION

What is Botox?
Botox (also known as botulinum toxin A) is used to treat a variety of muscle disorders. These include muscular spasms and an overactive bladder. We may offer you Botox treatment when other treatments, such as bladder training, pelvic floor therapy and prescription medications have not offered relief of symptoms.

How does Botox work?
Botox works by stopping the bladder wall muscle contracting (squeezing) too much.
An overactive bladder is caused by over-activity of the bladder wall muscle. This causes urinary frequency and urgency. It is often associated with urinary leakage. This reduces urinary frequency and urgency and reduces urinary incontinence. Symptom reduction may start as early as three to four days after having Botox treatment, but Botox may take up to three weeks to take effect. This treatment is not permanent as the effects will gradually wear off. The benefits usually last on average for six to nine months. The effects of Botox treatment may last longer or shorter in some patients.

This is an in office procedure. Once anesthesia is obtained (using a lidocaine bladder instillation) a cystoscopy (a scope used to look into the bladder) is used. The surgeon will make ten to twenty small injections of Botox into bladder wall muscle. This will take approximately five minutes.

Side Effects
The most common side effects of Botox is urinary tract infection. Other side effects may include fatigue, painful or difficult urination, and temporary inability to empty bladder.
A potential side effect is difficulty emptying your bladder fully after Botox treatment. If this occurs it is usually temporary. However, sometimes this side effect can last until the effect of the Botox has worn off. You will be counseled and taught intermittent self-catheterization and provided with self caths in the event it is needed.

Below are pre and post procedure instructions and expectations. Please read through them carefully and call with any questions.

PRIOR TO PROCEDURE
You will be scheduled in office two weeks before your procedure date for a pre-operative appointment to answer any questions. You will have prescriptions needed for the procedure sent to your pharmacy at this time.

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Know the arrival time and date of your procedure.
You do not need to fast prior to your procedure.

If your procedure is canceled or must be rescheduled we will notify you as soon as possible and discuss potential dates for rescheduling surgery.

Please fill all prescriptions that we give you and read the instructions on the bottle. These prescriptions will have been given to you at your preoperative appointment or when we call prior to your procedure.

If you take any blood thinners on the following list, this will need to be discussed with your provider. Do not stop these medications on your own. According to the schedule below, unless otherwise noted by your cardiologist or Dr. Trotter/Dr. McClintock.
o Plavix (Clopidrogel)
o Pradaxa (Dabigatran)
o Xarelto (Rivaroxaban)
o Elquis (Aphixaban)
o Effient (Prasugel)
o Brillinta (Ticagrelor)
o Aspirin or Baby Aspirin
o Fish Oil
o Meloxicam

Medications Prescribed For Your Procedure: Please read the instructions below and ON THE MEDICATION BOTTLES for when, why and how to take them.
1. Ceftin/Cefuroxime or Cipro/Ciprofloxacin. These are antibiotics. You are to start the antibiotic the day before the procedure and complete the course as prescribed. It may cause GI upset.
2. Phenazopyridine (AZO), Uribel/Urogesic blue. These are medications that can be taken as needed for burning with urination or bladder discomfort AFTER the procedure. They will discolor urine orange or blue/green. These medications are frequently not covered by insurance. You can utilize over the counter AZO instead and the cost is low.
3. Over the counter (Advil or Tylenol) can be used for pain or discomfort.

Post Procedure
After your Botox treatment you will empty your bladder. Hydrate well after your procedure. You will be counseled on intermittent self-catheterization in the event you cannot empty your bladder after treatment. You can return to activity as usual after Botox injection. Continue your antibiotic prescribed to you until finished. Symptoms post procedure may include stinging or burning when you urinate, blood in the urine.

Important Contact Information
Midtown Urology

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911 W. 38th Street, Suite 200
(512) 451-7935 phone
(512) 451-7965 fax

If you need to reach the doctor after hours for an urgent matter, please call our office at 512-451-7935 and follow the prompts to be connected with the on-call provider.

You may also go to Seton Main Emergency Room on 38th and N. Lamar. Please only go to this hospital as our physicians have privileges there.

Hospital for Emergencies
Seton Main Medical Center
1201 W 38th St, Austin, TX 78705

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