

What problems might I have with Botulinum A toxin injections?

Botulinum A toxin is generally very safe, but with any drug or operation there could be side effects

- You will be screened to be suitable for local or general anaesthesia before the procedure.
- The procedure carries a small risk of bleeding and urinary tract infection. We will give you antibiotics before the procedure to minimise the risk of infection.
- As we are using a special injection needle with safety features. The risk of pinpoint perforation of the bladder is negligible.
- Less than 1% of patients have complained of a rash, a transient flu-like illness and drowsiness, transient muscle weakness and very rarely breathing muscle weakness.
- There have been reported cases in literature of muscle weakness in the legs following treatment.

A proportion of patients (up to 10%) **will** have difficulty emptying their bladder afterwards and **will** need to be able and willing to empty their bladder themselves with a catheter intermittently.

What happens afterwards?

Botulinum toxin A can take up to 5 days to start working. You will therefore not see a difference straightaway.

You will be given an appointment to return 5 – 7 days later so that we can see how you are and check that you are emptying your bladder properly. If there is any pain or difficulty on passing urine when you go home you must seek advice, **do not** just wait for your appointment. (See contact details)

When can I go back to normal?

You can return to work the following day if you are up to it. If you have had a general anaesthetic we suggest 2 days off afterwards.

The same applies for most other things including driving.

Contact Details

If you have any further queries regarding your operation please contact the Day Surgery Unit at:
New Victoria Hospital **0141 347 8242**
(8am – 8pm Monday to Friday) or
Urology Day Care Nursing Staff at the Southern General Hospital **0141 201 1559**

Outwith these hours, if you need further help or advice, contact:

Ward 3 New Victoria Hospital
0141 347 8453 or Contact NHS 24,
Telephone No: **08454 24 24 24**



Review date January 2015

MIS 249989

Acute Services Division



Information about Botulinum A toxin for the treatment of Overactive Bladder Symptoms

Urology

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What is an overactive bladder?

An overactive bladder is a condition where patients experience strong and frequent urges to pass urine, which may result in urine leakage. It is a common condition affecting about 17% of adult women and men.

It can occur following Spinal problems, such as Spina Bifida or injury, or some medical conditions, e.g. Multiple Sclerosis (Neuropathic).

In most patients there is no obvious cause (Idiopathic).

What is the current treatment?

The treatment of overactive bladder involves bladder re-training and the use of medication to help reduce these symptoms.

In a small group of women and men with overactive bladder, this does not improve symptoms enough. Other treatments can then be considered, such as electrical stimulation of the spine or major abdominal surgery. These treatments can be fairly invasive and can cause permanent side effects, Botulinum A toxin helps to bridge the gap between these simple measures and major treatments.

What is Botulinum A toxin and how does it help?

Botulinum A toxin is made from a bacterium. It works by acting on the nerves in the bladder muscle and

stopping them from working. This results in underactivity or paralysis of part of the bladder. This reduces the activity of the bladder as a whole.

Patients usually experience an improvement in urge and urge incontinence symptoms. The effects tend to wear off, usually before one year, and so the treatment may need repeating.

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, foot deformities in children with cerebral palsy and Neuropathic bladder problems. It has also been shown to be useful in the treatment of spasticity, visual squints and some digestive tract problems.

Botulinum toxin A is not yet licensed for use in Idiopathic Overactive Bladders. However, in recent years doctors in both Europe and America have reported its successful use in the treatment of bladder overactivity.

It is now widely used for this purpose. Because it is a relatively new treatment in the bladder we do not know how it may affect the bladder long-term.

Why is it suitable for me?

You have been diagnosed with Overactive Bladder Syndrome, and Urodynamic tests on the bladder have confirmed this. Your symptoms have not responded

adequately to bladder drill exercises and medications that you have tried. Therefore your doctor believes you may benefit from Botulinum A toxin injections.

Is there anyone who cannot have Botulinum A toxin injections?

You should not have this treatment if:

- you have known allergy to Botulinum toxin
- you suffer from Myasthenia Gravis or Eaton Lambert Syndrome
- you are pregnant or breast-feeding
- you have a urinary infection at the moment

What is involved in Botulinum A toxin injections?

Injections of a small amount of Botulinum A toxin are given into the bladder muscle using a Cystoscope (telescope) that is inserted through the urethra (pipe that comes out from your bladder). The procedure can be done under local or general anaesthetic.

You may experience some minor discomfort during the procedure, which many patients describe as feeling like tiny pinches. It takes about 15 minutes to do.

Most patients will be able to go home on the day of the procedure. You may notice a little blood in your urine, which is to be expected.