Urology Department

Botulinum toxin injections into the bladder

What is the evidence base for this information?
This leaflet includes advice from consensus panels, the British Association of Urological Surgeons, the Department of Health and evidence based sources; it is, therefore, a reflection of best practice in the UK. It is intended to supplement any advice you may already have been given by your urologist or nurse specialist as well as the surgical team at Addenbrooke’s. Alternative treatments are outlined below and can be discussed in more detail with your urologist or specialist nurse.

What does the procedure involve?
This is a procedure to stop the effects of an overactive bladder using a toxin injected into the wall of the bladder under local anaesthetic.

What are the alternatives to this procedure?
Drug treatment, bladder training, physiotherapy, bladder enlargement with a segment of bowel, sacral nerve stimulation, urinary diversion into a stoma.

What should I expect before the procedure?
You will usually be admitted on the day of your surgery. After admission, you will be seen by members of the medical team which may include the consultant, specialist registrar, junior doctors and your named nurse.

Please be sure to inform your urologist in advance of your surgery if you have any of the following:
• an artificial heart valve  
• a coronary artery stent  
• a heart pacemaker or defibrillator  
• an artificial joint  
• an artificial blood vessel graft  
• a neurosurgical shunt  
• any other implanted foreign body  
• a prescription for Warfarin, Aspirin, Rivaroxaban, Dabigatran, Apixaban, Edoxaban or Clopidogrel, Ticagrelor or blood thinning medication  
• a previous or current MRSA infection  
• high risk of variant CJD (if you have received a corneal transplant, a neurosurgical dural transplant or previous injections of human derived growth hormone)

What happens during the procedure?
The procedure is performed under local anaesthetic and you will be given antibiotics to prevent infection in the urine. Some patients do not tolerate the procedure. If you get too much discomfort, we will stop the procedure and discuss the option of repeating it on a different day with a general anaesthetic.

The botulinum toxin is injected with the aid of a flexible telescope (cystoscope) passed into the bladder via the urethra (water pipe).

What happens immediately after the procedure?
You may experience some discomfort for a few days after the procedure but painkillers may be given to you to take home.

The procedure is done on a day case basis.

Are there any side effects?
Most procedures have a potential for side effects. You should be reassured that, although all these complications are well recognised, the majority of patients do not suffer any problems after a urological procedure.

Please use the check boxes to tick off individual items when you are happy that they have been discussed to your satisfaction:

Common (greater than one in 10)
☐ Blood in the urine
Discomfort or infection in the urine

Difficulty in emptying the bladder adequately, requiring the use of intermittent self-catheterisation

Occasional (between one in 10 and one in 50)

- Inability to pass urine at all, requiring passage of a catheter

Rare (less than one in 50)

- Generalised weakness due to the effect of the toxin on the muscles of the body, requiring admission to hospital

What should I expect when I get home?

When you leave hospital, you will be given a discharge summary of your admission. This holds important information about your inpatient stay and your operation. If, in the first few weeks after your discharge, you need to call your GP for any reason or to attend another hospital, please take this summary with you to allow the doctors to see details of your treatment. This is particularly important if you need to consult another doctor within a few days of your discharge.

It is likely that you will have some blood in your urine and slight discomfort in passing urine.

What else should I look out for?

Difficulty emptying your bladder; if this occurs, please contact your named nurse. The original symptoms may return after about six to nine months, requiring retreatment.

Are there any other important points?

None.

Driving after surgery

It is your responsibility to ensure that you are fit to drive following your surgery.

You do not normally need to notify the DVLA unless you have a medical condition that will last for longer than three months after your surgery and may affect your ability to drive. You should, however, check with your insurance company before returning to driving. Your doctors will be happy to provide you with advice on request.

Privacy & dignity

Same sex bays and bathrooms are offered in all wards except critical care and theatre recovery areas where the use of high tech equipment and/or specialist one to one care is required.

Hair removal before an operation

For most operations, you do not need to have the hair around the site of the operation removed. However, sometimes the healthcare team need to see or reach your skin and if this is necessary they will use an electric hair clipper with a single-use disposable head, on the day of the surgery.

Please do not shave the hair yourself or use a razor to remove hair, as this can increase the risk of infection. Your healthcare team will be happy to discuss this with you.
Is there any research being carried out in this field at Addenbrooke’s Hospital?
There is no specific research in this area at the moment but all operative procedures performed in the department are subject to rigorous audit at a monthly audit and clinical governance meeting.

Who can I contact for more help or information?

**Oncology nurses**

Uro-oncology nurse specialist
01223 586748

Bladder cancer nurse practitioner (haematuria, chemotherapy and BCG)
01223 274608

Prostate cancer nurse practitioner
01223 274608 or 216897 or bleep 154-548

**Surgical care practitioner**
01223 348590 or 256157 or bleep 154-351

**Non-oncology nurses**

Urology nurse practitioner (incontinence, urodynamics, catheter patients)
01223 274608 or 586748 or bleep 157-237

Urology nurse practitioner (stoma care)
01223 349800

Urology nurse practitioner (stone disease)
01223 349800 or bleep 152-879

**Patient advice and liaison service (PALS)**
Telephone:
+44 (0)1223 216756
PatientLine: *801 (from patient bedside telephones only)
E mail: pals@addenbrookes.nhs.uk
Mail: PALS, Box No 53
Addenbrooke’s Hospital
Hills Road, Cambridge, CB2 2QQ
What should I do with this leaflet?
Thank you for taking the trouble to read this patient information leaflet. If you wish to sign it and retain a copy for your own records, please do so below.

If you would like a copy of this leaflet to be filed in your hospital records for future reference, please let your urologist or specialist nurse know. If you do, however, decide to proceed with the scheduled procedure, you will be asked to sign a separate consent form which will be filed in your hospital notes and you will, in addition, be provided with a copy of the form if you wish.

I have read this patient information leaflet and I accept the information it provides.

Signature……………………………….……………Date……………………………………

We are a smoke-free site: smoking will not be allowed anywhere on the hospital site. For advice and support in quitting, contact your GP or the free NHS stop smoking helpline on 0800 169 0 169.

Other formats:
If you would like this information in another language or audio, please contact Interpreting services on telephone: 01223 348043, or email: interpreting@addenbrookes.nhs.uk For Large Print information please contact the patient information team: patient.information@addenbrookes.nhs.uk

Document history
Authors Mr Nikesh Thiruchelvam (on behalf of the consultant urologists)
Pharmacist Eilis Rahill
Department Department of Urology, Box No 43
Cambridge University Hospitals NHS Foundation Trust, Hills Road, Cambridge, CB2 0QQ
www.cuh.org.uk / www.camurology.org.uk
Contact number 01223 256650/ Fax 01223 216069
Publish/Review date September 2018/September 2021
File name Botulinum_toxin_injections_into_the_bladder.doc
Version number/Ref 9/PIN2067/ Document ID 8173
Local Ref number 103/Urol_09_18