

Onabotulinumtoxin A (Botox)

SUNA Postoperative Care Task Force

Overview

Onabotulinumtoxin A (Botox) treatment involves putting a small telescope (cystoscope) into the bladder to perform a bladder wall injection. The procedure takes about 10 to 15 minutes to complete. Onabotulinumtoxin A (Botox) works by stopping nerve impulses to the bladder muscle for temporary relaxation. When injected into specific areas of the bladder, Onabotulinumtoxin A (Botox) can stop bladder contractions to allow for more normal flow of urine.

Indications

Onabotulinumtoxin A (Botox) injections are a treatment for severe bladder symptoms, such as severe urgency, inability to delay urination, and urinary sphincter spasm. It works by stopping some nerves in the bladder or sphincter muscles.

What to Expect Before the Procedure

- You may be asked to stop taking any blood thinners, aspirin, or anti-inflammatory medications prior to the procedure. Please tell your urologist if you take any of these medications.
- Please tell your urologist if you are allergic to any medications, latex, iodine, tape, contrast dye, or anesthesia.
- You will be asked not to eat or drink anything after midnight on the evening before your procedure.
- Please arrange for a ride home. You will not be able to drive yourself home after the procedure.

What to Expect After the Procedure

Diet: You may return to your regular diet. You may experience some mild nausea and possible vomiting for the first 6 to 8 hours after surgery. Drink clear liquids and eat a light meal first night following surgery. Drink a lot of fluids to help reduce any bleeding and pain.

Activity: Do not lift more than 10 pounds for 1 to 2 days.

Driving: Do not drive for 24 hours after receiving sedation.

Urinating: There may be some pain, burning, urgency, frequency, and blood-colored urine following the procedure. These symptoms usually resolve in 2 to 5 days. In some cases, you may be unable to urinate, so you may need to use a self-catheter.

Complications

Complications may include:

- Bleeding.
- Infection.
- Pain and discomfort.
- Difficulty urinating (you may need a catheter).

When to Call the Clinic

Please call the clinic if you experience any of the following:

- Fever or chills (greater than 100.4 degrees F). This may be a sign of an infection.
- Pain that is not controlled with medication.
- If you are unable to urinate.
- Severe bleeding.

**If you are unable to reach the office and are in need of immediate assistance, please proceed to the nearest Emergency Department.

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We hope you and all your family members may benefit from these handouts.

Resources

- American Urological Association. (2019). *Diagnosis and treatment of non-neurogenic overactive bladder (OAB) in adults: An AUA/SUFU guideline*. [https://www.auanet.org/guidelines/guidelines/overactive-bladder-\(oab\)-guideline#x3763](https://www.auanet.org/guidelines/guidelines/overactive-bladder-(oab)-guideline#x3763)
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- Urology Care Foundation. (n.d.). *Insights: Use of Botox® in urology*. <https://www.urologyhealth.org/healthy-living/urology-health-extra/magazine-archives/fall-2019/insights-use-of-botox%C2%AE-in-urology>

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