

Care after Bladder Botox Information Leaflet

What Happens Next?

- You have had your Botox treatment today. An appointment for a flow rate and bladder scan will be sent to you within the next 2-4 weeks.
- This is to check you are emptying your bladder fully.
- If you have a normal sensation to pass urine and are able to empty your bladder you do not need to do anything until this appointment.
- It is normal to feel the urge to empty the bladder every 3-4 hours.

How Will I Know If My Bladder Is Working Properly?

- Look out for symptoms such as:
 - lower abdominal bloating
 - passing small amounts of urine
 - unable to pass any urine at all
 - no urge to pass urine after 4 hours
- If you experience any of the above symptoms you will need to self-catheterise.

When Might These Symptoms Happen?

- Between 24 hours and 2 weeks following Botox.

How Do I Start Self-Catheterisation?

- Always try to pass urine normally first.
- Measure the amount passed normally in a jug.
- If you are unable to pass urine or only pass a small amount (50-100mls) then self-catheterise.
- Measure the amount of urine drained through the catheter.

How Often Should I Self-Catheterise?

- This depends on the amount of urine drained through the catheter. The higher the volume of urine drained the more often you will need to catheterise.

0 – 100mls	no need to CISC
100 – 150mls	once a day
150 – 250mls	twice a day
250 – 350mls	three times a day

- It is common to require self-catheterisation first thing in the morning and before bed.
- We recommend you only use a catheter every 3-4 hours maximum and no more than 6 times per day. You may not need to catheterise every time you go to the toilet.
- If you drain less than 100mls from the catheter on three consecutive occasions you can stop self-catheterisation.
- Remember the effects of Botox are temporary and will eventually wear off. This means the frequency of catheter use may also reduce.
- Should you experience symptoms of a urine infection, such as pain, burning, stinging or blood in the urine, please see your GP.

Don't forget there is always someone to talk to if you have any concerns following this procedure. If you need advice please contact the Urogynaecology department at Liverpool Women's Hospital on 0151 702 4321 or Aintree Centre for Women's health on 0151 529 2025.

This leaflet can be made available in different formats on request. If you would like to make any suggestions or comments about the content of this leaflet, then please contact the Patient Experience Team on 0151 702 4353 or by email at pals@lwh.nhs.uk

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