

Botox for Bladder and Sphincter Control

Botox is a medicine that can help with over-active bladders and sphincters when other medicines and treatments do not work.

What is Botox?

Botox is a medicine made from a kind of germ (bacteria) called *Clostridium botulinum*. Health providers use small amounts of Botox to treat many conditions, including bladder problems.

How is Botox used for bladder control?

Increased bladder activity can make it hard for the bladder to store pee (urine). Botox can help to relax the bladder, so the bladder holds more pee for longer periods of time.

How is Botox used for urinary sphincter control?

A sphincter is a ring of muscle that surrounds and closes or opens a tube in the body. Botox helps relax the urinary sphincter at the bottom of the bladder. The urinary sphincter (and muscles between the legs called pelvic floor muscles) need to be relaxed, so the bladder empties completely.

Is Botox an option for my child?

Botox can be a good choice when other medicines and treatments do not work. It works well for children who cannot take other bladder-relaxing medicines.

A doctor who specializes in organs related to peeing (urologist) will order a urodynamic study (UDS) for your child. This study lets the doctor see how your child's bladder and urinary sphincter work. Based on the results of the UDS, we will schedule your child for a Botox treatment in clinic. For more information, see our handout "Urodynamics Study (UDS)".

seattlechildrens.org/pdf/PE541.pdf

How is Botox given?

- We inject liquid Botox into the bladder wall in a procedure called a cystoscopy (sis-TOS-koh-pee). We will give your child medicine (anesthesia), so they are fully asleep without pain during the procedure.
 - While your child sleeps, the surgeon inserts a long, thin tube through the hole where pee comes out (urethra) with a camera and injector tip. The camera (called a cystoscope) helps the surgeon place 20 to 30 small injections inside your child's bladder wall.
 - In most cases, your child will not need to spend the night in the hospital after this procedure.
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To Learn More

- Urology
206-987-2509
- Ask your child's healthcare provider
- seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.

What should I expect after the procedure?

For up to 24 hours, your child may:

- Have pee that looks pink.
- Have a hard time peeing.
- Notice a burning feeling while peeing. Effective pain control will help your child feel better and heal faster. Please read the pain section of this handout to learn more.

When may my child eat?

- When fully awake, your child may have clear liquids like 7-Up, gelatin (Jell-O), Popsicles and apple juice.
- Nausea and throwing up (vomiting) are common after surgery. If this happens, slowly give your child a clear liquid diet.
- If your child is not nauseous or throwing up and is fully awake, your child may start their normal diet.

Will my child have pain?

- Your child will likely notice a burning feeling while peeing the first few times after the procedure.
- We partner with you and your child to prevent and relieve pain as completely as possible. You know your child best. No matter the level of your child's pain, believe they are hurting and respond right away.
- We will work with you to create a plan that encourages coping activities to treat pain and provide support. Help your child get better, faster with good pain treatment.
- Give your child lots of water. Watering down the pee will help get rid of the burning or stinging feeling.
- If your child has a hard time peeing, it may help to have your child sit in a tub of warm water and try to pee.
- Smaller children will often pee when they fall asleep.
- Have your child pee at least every 3 hours after the procedure during the daytime.

How much activity can my child do?

Watch your child closely the day of the procedure. Most children can go back to normal activity in 24 hours.

When should I call a doctor?

- Monday to Friday, call the Urology clinic at **206-987-2509** for questions or urgent concerns listed below. Send MyChart messages for non-urgent questions.
- Nights, weekends and holidays, call **206-987-2000** and ask for the urology resident on call for urgent concerns from the list below:
 - Fever higher than 101.5° F (38.6° C)
 - Bright red pee (urine) or a lot of blood
 - Pain not controlled by the methods described above
 - Inability to pee 8 hours after the procedure