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Intravesical Botox® Injection

Post-Procedure Care Instructions for Patients

WHEN YOU GET HOME

- Take it easy for the rest of the day; most people resume normal activity the next day.
- **Drink extra water** for the next couple of days to flush the bladder.
- Avoid heavy lifting and strenuous exercise for about 2 days.

MEDICATIONS

- **Finish the entire antibiotic course.**
- Acetaminophen (Tylenol) or ibuprofen as needed for discomfort.
- **Pyridium** for burning — it turns urine orange, which is harmless.
- Ask your urologist whether to continue your usual bladder medication — it is often stopped once Botox takes effect.
- Resume blood thinners when your provider tells you to.

WHAT IS NORMAL

- Blood in the urine for a few days
- Burning with urination and mild pelvic soreness for several days
- Urgency that is unchanged or briefly worse for the first week — **the effect takes 1 to 2 weeks to build**

WATCHING HOW WELL YOU EMPTY — IMPORTANT

Botox can relax the bladder enough that it does not empty completely. Pay attention over the next two weeks to whether your stream is weaker, whether you feel you are not emptying, or whether you are straining to urinate.

You will have a follow-up visit where we measure how much urine is left in your bladder after you void. **Keep this appointment even if you feel fine.** If you are not emptying well, we will teach you clean intermittent catheterization until the effect wears off.

Post-void residual check appointment: _____

WHAT TO EXPECT OVER TIME

- Improvement begins around 1 to 2 weeks and peaks by about 6 weeks.
- The effect typically lasts **6 to 9 months**.
- When symptoms return, call us to arrange repeat treatment — usually no sooner than 12 weeks after the last injection.

CALL THE OFFICE RIGHT AWAY IF YOU HAVE

Call **909.236.3333**

- **Inability to urinate** — this needs prompt attention
- A sense that you are not emptying, a weak stream, or straining to void
- Fever over 101°F (by mouth) or shaking chills
- Heavy bleeding or clots in the urine
- Burning that worsens after several days rather than improving

Go to the emergency room immediately for generalized muscle weakness, drooping eyelids, blurred or double vision, slurred speech, trouble swallowing, or trouble breathing. These are rare but serious and can occur days to weeks after injection.