

Botox® Treatment Tip Sheet

Your Guide to a Smoother Appointment
for Overactive Bladder Relief

Botox® is a non-surgical treatment that can help reduce OAB symptoms like leakage, urgency and frequent urination. Use this tip sheet so you can be confident and fully prepared at your next doctor's appointment.



Before Your Appointment

✓ Prepare for treatment

Learn what to expect at treatment in this [short video](#).

✓ Take prescribed antibiotics

Your doctor may prescribe antibiotics to reduce the risk of a urinary tract infection (UTI). Take them as instructed (typically, before, on the day of, and after your procedure).

✓ Let your doctor know if you're feeling unwell

If you have any signs of a UTI (like burning when you pee, fever or cloudy urine), tell your doctor right away. The treatment may need to be rescheduled.

✓ Drink water, but not too much

Arrive with a comfortably full bladder unless your doctor gives you different instructions.

✓ Write down your questions

Jot down any concerns or symptoms you've noticed. Use your time with your provider to get answers and make a plan for follow-up care. Ask your doctor about the procedure process and if there's anything additional you should bring to your appointment.

What to Expect During the Procedure

- Your bladder will be numbed. A local anesthetic will be used to keep you comfortable.
- The Botox® is placed in the bladder muscle. This takes about 10 minutes.
- You'll rest briefly after. Plan to stay about 30 minutes after the treatment to make sure you're doing well.

Most people report little to no discomfort. Some may notice mild cramping or spotting in the urine afterward.



After Your Appointment

✓ Mild symptoms are normal

You may feel some burning when you urinate or see a bit of blood in your urine. This usually goes away in a day or two.

✓ Watch for side effects

If you have trouble fully emptying your bladder, call your doctor. In rare instances, you may need to use a temporary catheter until your bladder function returns. This is extremely uncommon.

✓ Relief may start as early as 1 week

Improvements often begin within 7 days and may last up to 6 months.

✓ Plan for retreatment

Botox® is not a permanent solution. Most people need another treatment about every 6 months to maintain relief. Before you leave your appointment, be sure to schedule your next treatment with the staff.

Helpful Reminders

- Track your progress. Use a journal to note changes in symptoms, questions or issues to discuss at your next visit.
- Ask about insurance coverage. Botox® is covered by most insurance plans. If you have commercial insurance, you may qualify for the Botox® Savings Program. Visit www.BOTOXSavingsProgram.com to learn more.

Questions?

Talk to your doctor or visit www.botoxoab.com for more information.