

Botox Worksheet

Patient: _____

Botox Date: _____ **3-week f/up:** _____ **6-month f/up:** _____

1. Medication Review

- a. **Blood thinners**- Eliquis, Coumadin/ Warfarin, Plavix, Aspirin, NSAIDs
MUST BE STOPPED 3 DAYS PRIOR. You will need clearance from prescribing MD to stop the med prior to EACH BOTOX procedure.
Clearance needed? YES NO from Doctor _____
- b. **STOP bladder meds** (oxybutynin, Myrbetriq) **the day before** procedure. Do not resume it. We want to see the effects of the Botox during this time.
- c. **Antibiotic will be started 3 days BEFORE** procedure. Take 1 on day OF procedure and continue for 3 days AFTER (total of 7 days). (Bactrim, Nitrofurantoin, Cipro)
- d. Review Allergies- Lidocaine, Iodine (topical), antibiotics
Allergies: _____

2. Procedure Day

- a. Upon arrival, you will empty your bladder at the office.
- b. A catheter will be inserted into your bladder. Lidocaine will be infused and allowed to sit for 30 minutes.
- c. Your provider will then cleanse your perineum with iodine and insert a camera into your bladder to view the inside of the bladder for any abnormalities.
- d. 20 small injections will be given inside the bladder prior to removal of camera.

3. Post Procedure Expectations

- a. It is normal for your urine to be blood tinged and have burning with urination.
- b. You may resume your blood thinners today (if applicable).
- c. Leakage may still occur and may worsen. The effects of the injections will reach its maximum effects by 3 weeks.
- d. Complete a 1-day diary **BEFORE** your 3-week follow-up visit. Keep your speci-hat for future use (will need to do diary before next Botox injection as well).
- e. At your follow-up visit, we will have you **urinate in the office before your exam.** We will scan your bladder to confirm your post-void residual (PVR).
- f. A minimum of 12 weeks is needed between injections. On average, Botox injections are repeated every 6-12 months, but is unique to each patient.