

# Botox Injections for Pelvic Pain and Dysfunctional Defecation

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## Botox Injections

Botulinum A toxin (Botox) injection is an effective treatment for pain from muscle spasm in many parts of the body. It is also effective for treating chronic pelvic pain and problems with having bowel movements. Most patients have at least some relief in their pain after treatment with Botox. In about one half (50%) of patients the pain goes away completely. It usually takes about 1 to 2 weeks to start feeling relief. Maximum relief is generally seen around 4 weeks after injection and lasts for about six months.

## How are Botox Injections given?

- Botox is given in a series of 4 to 5 injections. A very small amount of liquid (1 cc) containing 20 IU of Botox is injected each time into the pelvic muscles. Injections are given every 3 to 6 months. You will get a needle stick with each injection.
- The entire procedure takes about 30 minutes. The injection time usually takes less than 5 minutes.
- You will receive IV sedation before the procedure to reduce the pain.

## Pre-procedure Instructions

- Make arrangements for someone to drive you home after the procedure.
- Consider making arrangements for someone to help you out for a day or two after you leave the hospital.
- Do not eat or drink for six hours before the procedure.

## Possible side effects

- Most patients have a small amount of vaginal bleeding for 24 hours or less.
- About 10% of patients have some mild flu-like symptoms (body aches, headaches) for 48 hours after the injections.
- About 5% of patients notice an increase of urinary incontinence or flatal incontinence. These symptoms resolve over time.

**Urinary incontinence:** Loss of urine control

**Flatal incontinence:** Uncontrolled leakage of gas through the rectum

## Post-procedure Instructions

- Do not have sex for 48 hours after the injections.
- Continue with your bowel and biofeedback program.

Your doctor and nurse team will adjust you pain medications and bowel regimen according to your response.

If you have additional questions about the side-effects of about how to care for yourself at home please call: (734) 763-6295

Disclaimer: This document is not intended to take the place of the care and attention of your personal physician or other professional medical services. Talk with your doctor if you have Questions about individual health concerns or specific treatment options.



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