

Urologist



Dr Jo Schoeman
Specialist Urologist

PATIENT INFORMATION BROCHURE

MEATAL DILATATION

Jo Schoeman
FRACS, FCS (Urol) SA, MBChB

The Wesley Hospital
Suite 46 Level 4
The Wesley Medical Centre
24 Chasely Street
AUCHENFLOWER QLD 4066

Ph: 07)3371-7288
Fax: 07) 3870-5350
E-mail: jo@urojo.com.au
Emerg: 0403 044 072

www.drjoschoeman.com.au

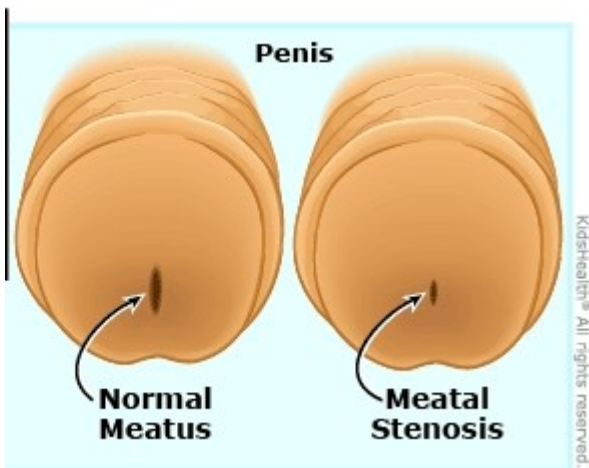
See this live on:
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Patient well-being is my first priority!

Meatal dilatation

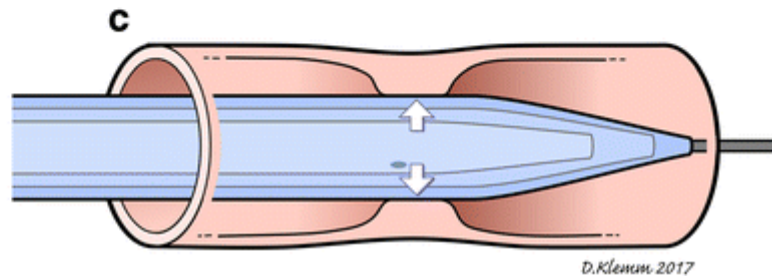
Why is it done?

- To treat a narrowing in the tip of the urethra which has formed due to previous damage/injury to the urethra.
- Intermittent dilatation is an easy way to keep the narrowing open
- Causes: after bypass surgery where a drop in blood pressure has caused an area of low blood supply to the urethra; trauma to the urethra (pelvic fractures/ urethral instrumentation); and sexually transmitted diseases.



How is it done?

- Usually done in male patients
- Selected Female patients can be considered.
- Clean your hands and genitals
- Sterilize the dilator with Milton
- Apply Remicaine gel to the meatus (opening of the urethra)
- Place the dilator down the meatus for 1-2 cm, don't force!



What to expect after the procedure?

- It may be slightly uncomfortable.
- You may have blood stained urine after which will clear
- Painful urination may persist for a few days.
- NB! Each person is unique and for this reason symptoms may vary!

What next?

- Continue doing this once daily
- With time you may decrease the frequency to twice a week and eventually once a week.
- You may experience some discomfort with every void, that will become less over the next few voids.
- There may be some blood in the urine. This can be remedied by drinking plenty of fluids until it clears.
- Should patients have any problems with urination, please contact the rooms for an earlier appointment.
- Please don't hesitate to direct any further queries to Dr Schoeman's rooms.
- **PLEASE CONTACT THE HOSPITAL WITH ANY POST-OPERATIVE CONCERNS AND RETURN TO THE HOSPITAL IMMEDIATELY SHOULD THERE BE ANY SIGNS OF SEPSIS.**

