

## Urethral Dilatation Patient Information

### What does Urethral Dilatation involve?

Endoscopic procedures do not involve any cuts to your skin. It is performed on a day-case basis and is carried out under a short general anaesthetic. Dilatation is where the urethra is stretched using dilators (plastic or metal, pictured) of increasing size. Dilatation is only performed to a size where there is no risk of urinary leakage after surgery. We may also perform telescopic inspection of your urethra (urethroscopy) and bladder (cystoscopy) as part of the procedure.

### What is the purpose of Urethral Dilatation?

You may be experiencing symptoms such as having to pass urine a number of times before feeling as though you have emptied fully. This incomplete emptying of the bladder may be due to the urethra not opening fully at the time when you urinate. Symptoms associated with incomplete emptying of the bladder include:

- The need to return to pass urine again after you have been once already
- Urinary Tract Infection (UTI)
- A feeling of fullness or ache in the lower abdomen, on occasions

Dilatation enables the urethra to open more fully and so helps you empty your bladder to completion.

### Are there any side effects after the procedure?

The following are possible after-effects that you may experience:

- Burning or bleeding for a short time after the procedure
- Urinary Tract Infection (UTI) requiring antibiotics (up to 10%)
- Recurrence of problem requiring a repeat procedure (10-25%)
- Delayed bleeding (rare)
- Anaesthetic problems (<1 in 250). Your anaesthetist will advise you on any particular risks, if necessary