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Urologist



Dr Jo Schoeman
Specialist Urologist

PATIENT INFORMATION BROCHURE

URETHROSCOPY & URETHRAL DILATATION

See this live on:
vidscrip.com/urojo

Patient well-being is my first priority!

Urethral Dilatation



Why is it done?

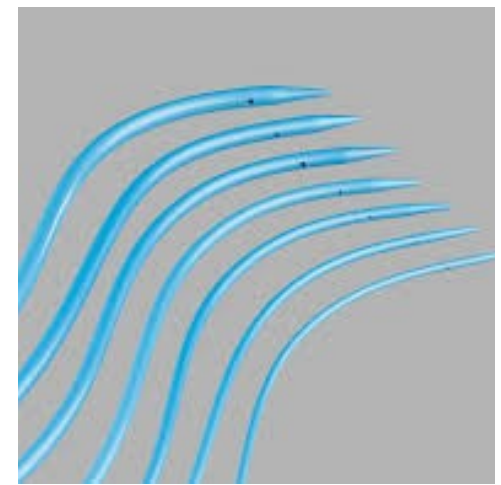
- To treat a narrowing in the urethra which has formed due to previous damage/injury to the urethra.
- Causes: after bypass surgery where a drop in blood pressure has caused an area of low blood supply to the urethra; trauma to the urethra (pelvic fractures/ urethral instrumentation); and sexually transmitted diseases.
- The procedure is performed by placing a dilator in your urethra on a daily basis, in-and-out.
- It aids in keeping your urethra open and prevents eventual kidney damage/failure.

How is it done?

- Patients will receive a local anaesthetic, occasionally under a GA.
- A urethroscopy is performed by placing a flexible camera in the urethra, with the help of a lubricant jelly and an irrigant fluid, to identify the stricture.
- A guidewire is slipped through the opening of the narrowing.
- The camera is removed.
- The stricture is dilated using a graduated S-dilators over the guidewire
- Prophylactic antibiotics may be given to prevent infection.

What to expect after the procedure?

- It may be slightly uncomfortable, Please don't hesitate to yell and request sedation if required.
- A catheter will be inserted in the urethra and bladder. This will remain in the bladder for 3 days.
- Catheters can be very irritating and cause some discomfort.
- Blood stained urine will be present.
- Lower abdominal discomfort will persist for a few days
- NB! Each person is unique and for this reason symptoms may vary!



What next?

- Patients will be sent home with a catheter for 3 days after receiving thorough catheter care instructions.
- Arrangements will be made to remove the catheter on day 3.
- There may be some blood in the urine. This can be remedied by drinking plenty of fluids until it clears.
- A referral will be done to Bluecare/ Ozcare Nurses, who will assess you to instruct you on daily self-dilatation.
- On discharge a prescription may be issued for patients to collect.
- Patients should schedule a follow-up appointment with Dr Schoeman within 6-8 weeks.
- 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.**