



## Meatal dilatation (opening to the water passage)

This operation has been discussed with you by your urologist because there is a narrowing in the water passage (urethra) through which the urine drains out of your bladder.

This operation is carried out in the operating theatre. It can be done either with a general anaesthetic or with a local anaesthetic when you would not be put to sleep.

### What are the benefits?

The benefit of doing the procedure is to allow a better flow of urine from the bladder.

### What are the risks?

- Immediately after the procedure, you may have a burning sensation when you pass urine and you may notice some blood in the urine. It might be necessary to have a catheter into your bladder for a few days.
- You may experience some discomfort when passing urine. You can take simple painkillers such as paracetamol.
- You may develop a urine infection which would need treating with antibiotics.
- In the longer term there could be a recurrence of the narrowing in the water passage which would mean having the procedure (or similar procedure) done again. You might need to learn to pass a catheter into the water passage yourself to keep the narrowing from closing down again.

### Are there any alternatives to this procedure?

- This is the simplest of the options to improve the flow of urine. Any other procedure would involve more major surgery.

### What would happen if I do not have the procedure?

- In time the passage of urine would become more difficult and could prevent your bladder from emptying which could have a harmful effect on your kidneys.

### After the operation

You will usually stay in hospital overnight after the operation.

