

Urology department

# Meatal dilatation

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 to dilate the urethra 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 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. This is known as intermittent self-catheterisation.

## 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.



## Contacts

You can contact your urology clinical nurse specialist between the hours of 9:00am-6:00pm:

Jane Booker - **0161 446 8018**

Steve Booth - **0161 918 2369**

Sharon Capper - **0161 446 3856**

Helen Johnson - **0161 918 7000**

Cath Pettersen - **0161 918 7328**

If you have any concerns outside of these hours, contact The Christie Hotline on **0161 446 3658** for advice.

If you need information in a different format, such as easy read, large print, BSL, braille, email, SMS text or other communication support, please tell your ward or clinic nurse.

We try to ensure that all our information given to patients is accurate, balanced and based on the most up-to-date scientific evidence. If you would like to have details about the sources used please contact **patient.information@christie.nhs.uk**

For information and advice visit the cancer information centres at Withington, Oldham or Salford. Opening times can vary, please check before making a special journey.

Contact The Christie Hotline for  
urgent support and specialist advice  
**The Christie Hotline: 0161 446 3658**  
Open 24 hours a day, 7 days a week

