



WyMedical

Meatal Dilatation

Educational material
approved



What is Meatal Stenosis or a Meatal Stricture?

Meatal stenosis or a meatal stricture is a narrowing of the urethra near to the tip of the penis which can lead to:

- A low stream of urine or spraying when passing water.
- Difficulty in passing urine and having to strain.
- Taking a long time to pass urine and empty the bladder.

What Causes Meatal Strictures?

Meatal strictures may result from a number of different reasons including:

- Recurrent infections of the urethra or foreskin
- Urethral trauma
- Circumcision

The above can lead to inflammation and scarring which in turn may lead to formation of a stricture.

Why Perform Meatal Dilatation?

You may have recently had an operation to dilate your urethra, however it is very common for the tightening/stricture to recur. Meatal dilatation will help to keep the urethra patent and can be carried out in the comfort of your own home.

What Does Dilatation Entail?

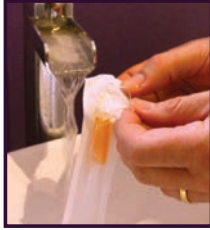
Meatal dilatation involves passing a short plastic tube into the urethra to stretch it and prevent the urethra from narrowing.

Wymedical - Leading the Way in Meatal Dilatation

Passing a meatal dilator when there is stenosis can be uncomfortable, traumatic and at times difficult. With this in mind Wymedical designed a tapered tip meatal dilator to ease insertion and minimise trauma.

Meatal Dilatation: A Step by Step Guide

Please read and follow these instructions carefully before use:



1. Ensure that the penis is clean.
2. Wash your hands thoroughly.
3. Open the packaging at the coloured funnel end and peel back the sleeve a couple of centimetres.
4. Fill the dilator sleeve with water or alternatively, as instructed by your clinician.
5. Stick the sleeve to a convenient surface using the sticky tab provided.
6. Wait 30 seconds, allowing the coating to become activated.
7. Pull back foreskin (if applicable).
8. Hold your penis upwards, towards your stomach.
9. Gently insert the dilator into the urethra, as far as instructed by your clinician.*
10. Gently remove the dilator.
11. Discard the dilator appropriately and wash your hands.

Dilatation Timetable

Name of Clinician : _____

Contact Number : _____

Dilatation Start Date : _____

20 WEEK THERAPY DIARY							
WK	MON	TUE	WED	THU	FRI	SAT	SUN
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2							
3							
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Are There Any Risks Involved?

- Pain** The procedure may be uncomfortable to start with but this should improve over time.
- Bleeding** A little blood on the dilator is very common, if the bleeding becomes heavy, please contact your healthcare professional.
- Infection** If you start feeling unwell and your urine becomes cloudy or smelly; you may have an infection, contact your GP or healthcare professional.
- Recurring Stricture** If you notice your urine stream is getting poorer or you are having difficulties passing the dilator into the urethra, contact your healthcare professional.

How Do I Get My Dilators?

The dilators are available on prescription from your GP or through a delivery system, your healthcare professional will advise you.

WyCath Meatal Dilator Range Order Codes

TIP	LENGTH	SIZE 08ch	SIZE 10ch	SIZE 12ch
STANDARD	11cm	WCM08	WCM10	WCM12
TAPERED	11cm	WMT08	WMT10	WMT12

TIP	LENGTH	SIZE 14ch	SIZE 16ch	SIZE 18ch
STANDARD	11cm	WCM14	WCM16	WCM18
TAPERED	11cm	WMT14	WMT16	WMT18

*Do not leave the dilator inside the urethra for longer than 4-5 minutes as it may make the catheter more difficult to remove.

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