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# Uroformation

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## Urethral Dilatation Male

*The Uroformation series is a co-operative venture in  
patient centered urological information.*

**urology**  
associates



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## Urethral dilation

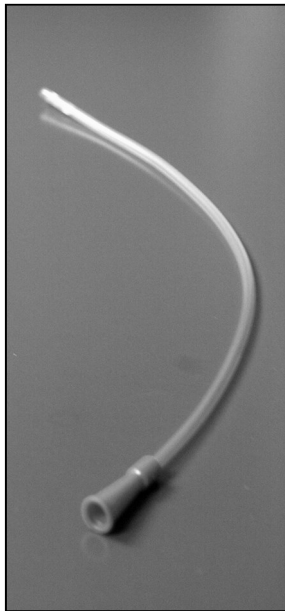
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Urethral dilatation is a simple procedure to stretch or dilate the urethra. It involves passing a small tube called a catheter into the urethra (from where urine normally drains) and then removing the catheter.

The type of catheter used is called a Nelaton catheter.

Urethral dilatation may be undertaken on a short or long term basis.

This booklet is designed to give you an overview of the technique, what to watch for and other useful information.



Nelaton catheter for C.I.C.

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## Why might C.I.C. be necessary?

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Normally urine is stored in the bladder and when the time is right, the brain sends a message to contract the bladder muscle and relax the sphincter muscles, allowing urine to be expelled.

Sometimes there is a narrowing in the urethra which makes emptying the bladder difficult. A way of managing urethral narrowing or stricture is to dilate the urethra.

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## How often should the bladder be emptied?

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Perform the dilatation as often as directed by your urologist, continence advisor or specialist nurse.

The frequency may be on a daily or twice daily basis for 2 weeks and then on a daily basis until directed by your specialist.

If after reducing the frequency of dilatation, you notice an increase in resistance, then you may need to dilate more frequently.

Your urologist, continence advisor or specialist nurse will work with you to determine the ongoing frequency of dilatation

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## Does urethral dilation lead to infection?

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There is always a risk of infection when using a catheter, however as you become more skilled with the technique the chances of developing an infection reduce.

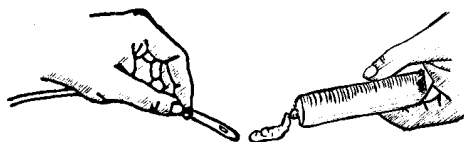
Urethral dilatation is not a sterile procedure and it is important to wash your hands before and after dilation.

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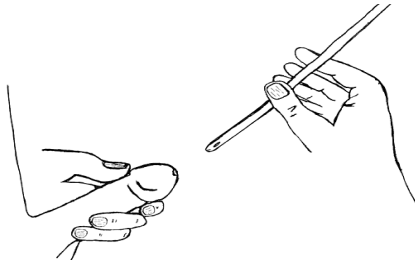
## Getting started

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1. Collect the necessary equipment
  - Nelaton catheter
  - Tissues
  - Water soluble lubricant
  - Wash cloth or wet wipes
  - Container for the urine (if not using the toilet)
2. Wash your hands, using soap and water or antibacterial hand sanitiser.
3. Setup your equipment on a clean, easily accessible surface
  - Ensure the catheter is within reach
  - Open the lubricant and discard a small amount
  - Apply lubricant onto a tissue
4. Get into a comfortable position. This may be lying on your bed, sitting on the toilet or wheelchair or standing over the toilet.
5. Wash the tip of your penis with a clean washcloth or wet wipes.
6. Remove the catheter from the packet or clean container. Try not to touch the catheter tip.
7. Dip or roll the catheter tip into the lubricant. If using lubricant in a syringe, then instil directly into the urethral opening of the penis.



8. **Grasp your penis** and gently pull it out at a **right angle** from your body.



9. Insert the catheter into the urethral opening or meatus. Slide the catheter further into the urethra. **Never force** the catheter. Continue to slide until urine starts to drain. Pass urine into toilet or container.
10. After urine starts to drain, insert the catheter a further 2-5cm.
11. When urine stops flowing, slowly withdraw the catheter. If more urine starts to drain, stop removing the catheter, allowing the bladder to empty. When there is no urine draining, remove the catheter.
10. Clean the catheter by rinsing it under clean running water, tip end upward.
11. Shake dry and store in a clean, dry, sealed container ready for the next use.
12. Wash your hands.

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### Tips

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- You should drink 6-8 cups of liquid every 24 hours.
- The catheter can be used for one week, then discarded.
- Change or clean your catheter container once a week.

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## Troubleshooting

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### **Blood in the catheter or urine**

Occasionally, you may see blood in the urine or catheter. This is not uncommon, particularly when you are learning this technique.

- Try using more lubricant.
- Check for signs of infection.

Only be concerned if the bleeding persists or becomes heavy. Seek medical advice if this occurs.

### **Difficulty introducing or removing the catheter**

This may occur because of an awkward technique or spasm of the sphincter muscles.

- Check that you are in a comfortable position.
- Take some deep breaths, relax as you slowly exhale, gently but firmly introduce or remove the catheter.
- Try using more lubricant.
- Take a break and walk away for several minutes before attempting to insert the catheter again.

### **No urine is draining**

- Ensure that the catheter has been inserted far enough to reach the bladder.
- Gently try pulling the catheter back a short distance.

### **Urinary tract infection**

If your urine becomes cloudy or has an odour, or you have increased pain or burning when inserting the catheter you may have an infection.

If you suspect that you have a urinary infection it is important to seek advice from your GP promptly. Do not wait until you get sick.

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## Useful information

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Type of Nelaton catheter: Male

Size of catheter (Fg/Ch): \_\_\_\_\_

GP \_\_\_\_\_

District Nurse \_\_\_\_\_

Continence Advisor \_\_\_\_\_

If required on a long term basis, catheters may be obtained from:

**Nurse Maude Association      Phone (03) 375 4240**  
**Supply Department**  
**24 McDougall Avenue**  
**Christchurch 8014**

Culpan Distributors              Phone (09) 570 5754

EBOS                                  Phone 0800 18 17 16

Jackson Allison                  Phone 0800 333 103

USL                                    Phone 0800 658 814



**Frank G Kueppers**  
Dr. med.  
Urologist

**Peter JT Davidson**  
MB, ChB, FRACS  
Urologist

**Nicholas C Buchan**  
MB, ChB, FRACS  
Urologist

**Sharon F English**  
MB, ChB, FRACS  
Urologist

**Jane T MacDonald**  
MB, ChB, FRACS  
Urologist

**Kevin C Bax**  
MB, ChB, FRACS  
Urologist

**Stephen D Mark**  
MB, ChB, FRACS  
Adult & Paediatric  
Urologist

Urology Associates  
Forte Health, Ground Floor  
132 Peterborough Street  
Christchurch

PO Box 917  
Christchurch 8140

Phone (03) 355 5129  
Fax (03) 355 6368  
Email [reception@urology.co.nz](mailto:reception@urology.co.nz)

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