



Your personal guide to
Male Urethral Dilatation



With over 35 years experience in the design, development and manufacture of medical devices, Flexicare has developed a world class reputation.

Flexicare has a range of products for catheterisation and stricture therapy. This booklet includes the information you need to guide you through our product.

With over 35 years experience in design Flexicare are committed to delivering safe and effective, high quality products that meet the demands of clinicians and users. Our dedicated team have years of combined experience to ensure that we fulfil our promise of delivering Quality, Service and Value.

a personal guide
with you in mind

providing you with
confidence

Urethral Stricture

A Stricture is a tightening in the urethra which may occur anywhere from the tip of the penis to the bladder. This may lead to a poor stream of urine or spraying when you pass water, difficulty in passing urine and having to strain to pass water or taking a long time to pass urine and empty the bladder.

What Causes Urethral Strictures?

Urethral Strictures may result from a number of different reasons:

- Recurrent infections and trauma to the urethra may lead to inflammation and scarring which in turn may cause tightening and formation of a stricture.
- Trauma to the urethra following injury or urological instrumentation.

What Does Urethral Dilatation Entail?

Urethral dilation can be carried out at home and entails passing a catheter along the urethra through the stricture to stretch it and prevent the urethra from narrowing.

Why Perform Intermittent Dilatation?

You may have recently had a urethrotomy or an operation to dilate your urethra, however it is very common for the stricture to recur. Passing a catheter or dilator can reduce the stricture recurring and prevent further invasive operations.

Are There Any Risks Involved?

There are some risks involved with Urethral Dilatation including:

Pain

The procedure may be uncomfortable when you start but this should improve overtime.

Bleeding

A little blood on the catheter is very common however 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 a urine 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 catheter along the urethra, contact your healthcare professional.


Urethral Dilatation: Step by Step

1



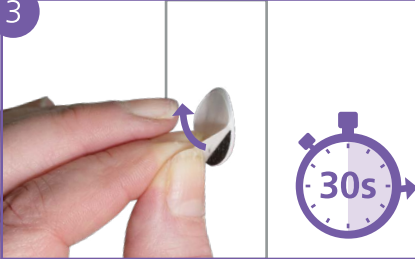
Hold the catheter with the water sachet at the top and press the blue button to disperse the water into the sleeve.

2




Allow the water to fill the compartment.

3




Stick the sleeve to a suitable surface if required, and wait 30 seconds to activate the hydrophilic coating.

4



Wash your hands thoroughly.

5



Turn the packaging to allow the water to drain into the compartment containing the water sachet.


6



Tear off the compartment containing the water sachet and discard.


Urethral Dilatation: Step by Step

7




If a non-touch technique is preferred tear the sleeve at the next perforation.

8




Once torn it will provide a sleeve to grasp the catheter.

9



Ensure the penis is clean and pull back the foreskin (if applicable). Hold your penis upwards towards your stomach. Gently insert the catheter into the urethra.

10




Continue to insert the catheter until urine starts to flow or as instructed by your clinician*.

11



Gently rotate the catheter as you remove it to ease removal.

12



Ensure the foreskin is returned to its normal position. Discard the catheter appropriately and wash and dry your hands thoroughly.

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

Dilatation Therapy Guide

Name of Clinician:

Contact Number:

Start Date: / /

20 WEEK DIARY							
WK	MON	TUE	WED	THU	FRI	SAT	SUN
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Passing a catheter when there is a stricture for urethral dilatation can be uncomfortable, traumatic and at times difficult.

With this in mind Flexicare has introduced a range of intermittent catheters with different tips to ease insertion and minimise trauma.

Standard Hydrophilic Intermittent Catheters

TIP	LENGTH	EYELETS	● 10CH	○ 12CH	● 14CH	● 16CH	● 18CH
Standard	40cm	2	W2M10	W2M12	W2M14	W2M16	-
Tiemann	40cm	2	W2TM10	W2TM12	W2TM14	W2TM16	-
Tapered	40cm	2	W2TAM10	W2TAM12	W2TAM14	W2TAM16	W2TAM18
Soft Tip	40cm	2	W2SM10	W2SM12	W2SM14	W2SM16	W2SM18



Tiemann Tip



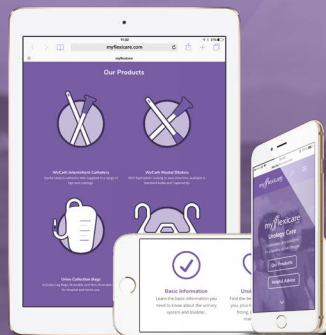
Tapered Tip



Soft Tip



Our website
myflexicare.com



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Our website has been designed to provide the most recent information on our product range and new developments, providing you with all the information you need in one location. Discover our information and helpful advice on your catheter, leg bag or other continence care product.



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