



### *Obtaining supplies*

The dilator, catheters and lubricant are available from:

Independence Solutions  
35-37 Tinning Street  
Brunswick VIC 3055  
Tel: 1300 788 855

(They will deliver for a small fee)

If you experience any pain, fever or blood loss, are unable to insert the dilator or you have any questions, please contact your doctor or urology nurse.

### *Contact*

Urology Nurse Consultants  
St Vincent's  
Tel: (03) 9288 3737  
Available Monday to Friday  
8am to 4pm

## *Meatal Dilatation*

Information for patients

Aug 2010

#### Mission

Our health service is based on and driven by our quest for:  
Compassion – Justice – Human Dignity – Excellence – Unity

*This brochure is intended as a guide only. Treatment may vary according to individual patient needs.*

### ***What is Meatal Dilatation?***

The opening of the tip of the penis is called the urethral 'meatus'. This is the opening of the tube (urethra) that connects to the bladder, through which urine flows out of the body.

In some males this opening can become tighter and smaller. This is called meatal stenosis. Your doctor will have discussed with you the reasons for this.

To prevent this opening from becoming smaller and blocking the flow of urine, it may be necessary for you to perform a procedure called dilatation (or stretching). You can do this by either inserting a meatal dilator (shaped like a golf tee) or a Nelaton catheter.

Your doctor or urology nurse will advise you as to which procedure is most appropriate for you.

### ***Equipment required***

- Meatal dilator (available from Independence Solutions at a one off cost of \$20.00). Dilators are re-usable indefinitely unless they are damaged OR
- Size 18 Nelaton catheters (\$1.00 each, available from Independence Solutions). Catheters may be re-used for up to one week unless damaged.
- Water-based lubricating jelly e.g. KY Jelly (available in supermarkets)
- Warm soapy water or baby wipes
- Clean lunch box or Tupperware container with a lid

### ***Procedure***

1. Wash the penis using warm soapy water or baby wipes. If uncircumcised, retract the foreskin and clean thoroughly. Alternatively you may perform this procedure following your shower or bath.
2. Wash your hands.
3. Apply lubricating jelly to your clean dilator or catheter.
4. Insert approximately 2-3cm into the penis or until you feel a gentle stretch.
5. Leave in place for 2 minutes.
6. Slowly remove dilator.
7. Wash your penis.
8. Wash your dilator and store in a clean container with a lid.
9. Wash your hands.