



### *Obtaining supplies*

The 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 catheter 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

## *Urethral Dilatation*

Information for patients

Sept 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 Urethral Dilatation?***

The urethra is the tube that drains the bladder. In some males a section/s of this tube can become tighter and smaller. This is called a urethral stricture. Your doctor will have discussed with you the reasons for this.

To prevent this area 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 inserting a Nelaton catheter into your urethra.

Your doctor or urology nurse will advise you as to which catheter size is most appropriate for you and how often you will need to perform urethral dilatation.

### ***Equipment required***

- 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

### ***Catheter size:***

### ***Frequency:***

### ***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 post your shower or bath.
2. Wash your hands.
3. Apply lubricating jelly to your clean catheter.
4. Insert approximately \_\_\_\_\_ cm into the penis or until you feel a gentle stretch.
5. Leave in place for 2 minutes.
6. Slowly remove catheter.
7. Wash your penis.
8. Wash your catheter and store in a clean container with a lid (only if the reusing of catheters was suggested by the nurse).
9. Wash your hands.