



Your personal guide to
Meatal Dilatation

Meatal Dilatation: Step by Step

1



Select a suitable environment to carry out the procedure. Ensure the penis is clean & wash your hands thoroughly.

2



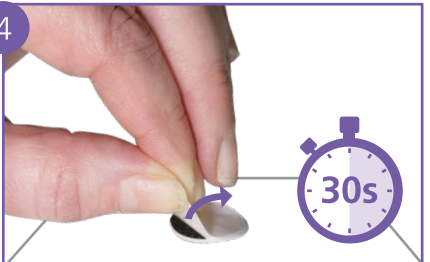
Open the packaging at the coloured funnel end and peel back the sleeve a couple of centimetres.

3



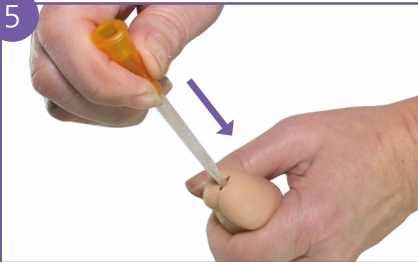
Fill the dilator sleeve with water or alternatively, as instructed by your clinician.

4



Stick the sleeve to a convenient surface using the sticky tab provided. Wait 30 seconds, allowing the coating to become activated.

5



Pull back the foreskin (if applicable). Hold your penis upwards towards your stomach. Gently insert the dilator into the urethra, as instructed by your clinician.*

6



Gently remove the dilator. Discard the dilator appropriately and wash your hands.

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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What is a Meatal Stricture?

Meatal stenosis or a meatal stricture is a narrowing of the urethra near to the tip of the penis. This can lead to a poor stream of urine or spraying when passing water, difficulty in passing urine and having to strain or taking a long time to pass urine and empty the bladder.

What Does Meatal Dilatation Entail?

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

Leading The Way

Passing a meatal dilator when there is stenosis can be uncomfortable, traumatic and difficult. The tapered tip meatal dilator is designed to ease insertion and minimise trauma.

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 Causes Meatal Strictures?

Recurrent infections of the urethra and foreskin, trauma and circumcision can lead to inflammation and scarring which in turn may lead to formation of a stricture.

Are There Any Risks Involved?

Pain - The procedure may be uncomfortable to start 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.

Meatal Dilators - 11cm Length

TIP	● 8CH	● 10CH	○ 12CH	● 14CH	● 16CH	● 18CH	● 20CH
Tapered	WMT08	WMT10	WMT12	WMT14	WMT16	WMT18	WMT20
Standard	WCM08	WCM10	WCM12	WCM14	WCM16	WCM18	-

Educational material approved by
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