

# Intermittent Self-Obturation for Meatal Stenosis

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## **What is Meatal Stenosis?**

Meatal stenosis is a narrowing of the urethral opening (meatus). If there is too much narrowing, urine will have difficulty flowing from the bladder which may prevent the bladder from completely emptying. If not treated, meatal stenosis can lead to urinary tract infections, bladder problems and kidney problems.

## **What is self obturation?**

As part of your treatment, you will be instructed on how to perform self-obturation (dilation) of the meatus. Obturation is a process that requires the insertion of a small plastic tube (meatal obturator) into the meatus on a regular basis to keep the meatus open.

You will be taught how to do this in the urology clinic by one of the nurses. Before you leave, you will be given the supplies needed to do this at home.

## **What supplies do I need to self obturate?**

- Antiseptic Towelettes - These can be purchased over the counter.
- Water soluble lubricant - This can be purchased over the counter.
- Meatal obturator - You will be given the one that is used in the clinic and you will also get a prescription for another obturator.

## **How do I perform self obturation?**

You will be told how often you should self-obturate. Over time, you should notice that the meatal opening has become more open, the urine stream is stronger, and the pressure to urinate is less. In order to prevent trauma to the

meatus and urethral lining, it is important to generously lubricate the obturator and to be gentle while performing obturation. The steps for performing self obturation are listed below:

1. Wash hands with warm water and soap.
2. Clean the meatus with an antiseptic towelette.
3. Place a generous amount of water soluble lubricant on a clean surface.
4. Lubricate the tip of the obturator with the lubricant. Very gently pass the obturator into the meatal opening. You do not need to leave it in for any particular amount of time.
5. Clean the obturator after each use with warm soap and water. Place on clean towel to air dry. Be sure to rinse well. It is best if you do not use bar soap as it can leave a film on the obturator.
6. Wash hands with warm water and soap.

## **Contact Information**

If you have any questions, please contact the University of Michigan, Department of Urology at 734-936-7030 during business hours (8:00 am - 5:00 pm). After business hours and on weekends, please call 734-936-6267 and ask to speak with the Urology Resident on call. If you need to see a doctor right away please go to the nearest Emergency Room (ER). Have the ER doctor contact the University of Michigan urology resident on call for assistance.

Disclaimer: This document is for informational purposes only and is not intended to take the place of the care and attention of your personal physician or other professional medical services. Talk with your doctor if you have Questions about individual health concerns or specific treatment options.

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