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# SELF DILATATION MALE

*Providing Specialist Care in South Australia & Northern Territory*

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## **Self Dilatation—Male**

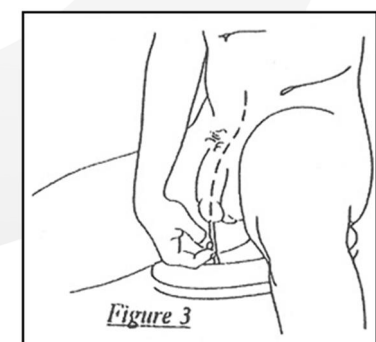
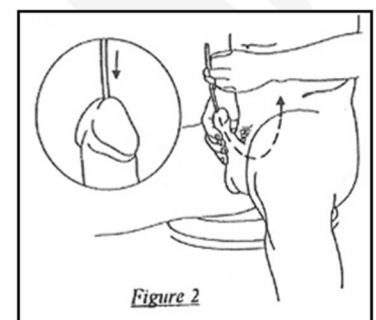
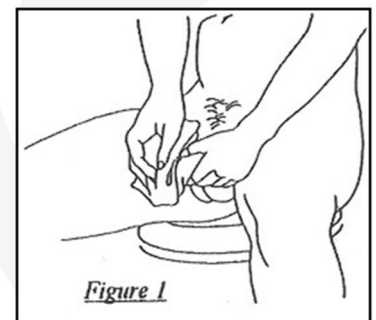
*The dilatation procedure is intended to keep the urethra open and urine flowing freely.*

### **What do I need?**

- Take 1 Trimethoprim tablet either the night before if performing procedure after morning shower or 2 hours prior to procedure.
- A self lubricated catheter—your nurse or doctor will advise you which catheter you should use.
- Something to clean yourself with e.g. a wash cloth with mild soap and water, or cleansing wipes if not after a shower.
- Something to drain the urine into i.e. the toilet or a clean container e.g. ice cream container.

### **What do I do?**

1. Gather everything together, i.e. catheter, wash cloth, towel and container (if not using the toilet).
2. Wash your hands with soap and water and assume a comfortable position on the toilet or on your bed. If in bed, you may find it beneficial to place a towel under your hips to protect the bedding.
3. Wash your genital area with a cleansing wipe or soap and water. If uncircumcised draw back the foreskin and wash (see Figure 1).
4. Take care in not touching the end of the catheter with your hands.
5. Use your non-dominant hand to hold the penis at an angle to your body (see Figure 2).
6. Use your dominant hand to gently and slowly insert the catheter into the urethra. Allow the urine to drain into the toilet or clean container (see Figure 3).
7. Hold the catheter in place, until urine flow stops. Slowly rotate the catheter as you withdraw it to help completely drain your bladder.
8. Discard catheter.



## **Some helpful hints**

- Drink about 1.5 Litres of fluid a day. This helps to keep your bladder clean and infection free.
- Never force the catheter. Sometimes you may feel some resistance while introducing the catheter. This could be due to;
  - *The need for more lubricant.*
  - *The sphincter muscles at the base of the bladder spasming. If so, take some deep breaths, relax and try again.*
- Take notice of your urine. Is it cloudy or offensive in odour? Do you experience pain or burning while inserting the catheter? Do you have a fever or feel unwell? If so, you may have a bladder infection and you should contact your doctor.
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- If no urine comes out, make sure the catheter is in the right place and in far enough. If there is still no urine flow, gently pull the catheter back a short distance. If still no urine drains, contact your doctor.
- Occasionally you may see blood in the urine or on the catheter. There is no need for concern if it is just a few spots. If bleeding persists or increases, speak to your doctor.

*The content provided within this document is intended as a guide only and does not apply to all patients. Additional information, including patient specific potential risks, must be obtained during consultation with your Urologist.*