



Information for patients
and carers

HAVING AN OPTICAL URETHOTOMY

Urology Department

What is an Optical Urethotomy?

An Optical Urethotomy is a therapeutic procedure to treat a urethral stricture. A thin, tube-like telescope called a Cystoscope is passed up inside the urethra and a blade is used to open up the stricture. The bladder is also inspected at the same time. At the end of the procedure, a catheter is left in place to drain the urine.

What is a urethral stricture?

A urethral stricture is an abnormal narrowing of the urethra, the tube that drains urine from the body. It can be caused by inflammation and scar tissue from trauma, surgery or some diseases.

How is it performed?

Optical Urethotomy is usually performed under general anaesthetic. A catheter is usually left in overnight, though if the stricture is very long and/or tight it may be necessary to leave the catheter in for a longer period. After the catheter is removed, you will stay in hospital until you have passed water successfully.

What are the possible side effects?

Most procedures are straight forward, however as with any surgical procedure there is a chance of side effects or complications.

Mild bleeding or burning on passing urine for a short time after the procedure

Temporary insertion of a catheter after the procedure

Need for self-catheterisation to prevent the narrowing closing down again

OCCASIONAL

Urine infection requiring antibiotics

Urethral dilatation

Contact details

Should you require further advice or information please contact:
The Surgical Unit on 01257 245179

Sources of further information

www.lancsteachinghospitals.nhs.uk

www.nhs.uk

www.patient.co.uk

Lancashire Teaching Hospitals NHS Foundation Trust is not responsible for the content of external internet sites.

Notes

Please ask if you would like help in understanding this information. This information can be made available in large print and in other languages.

Lancashire Teaching Hospitals is a smoke-free site

On 31 May 2017 Lancashire Teaching Hospitals became a smoke-free organisation. From that date smoking is not permitted anywhere on any of our premises, either inside or outside the buildings. Our staff will ask you about your smoking status when you come to hospital and will offer you support and advice about stopping smoking including Nicotine Replacement Therapy to help manage your symptoms of withdrawal.

If you want to stop smoking you can also contact the Quit Squad Freephone 0800 328 6297.

Cantonese:

如果你希望以另外一種格式接收該資訊，請和我們聯絡，不必猶豫。

Gujarati:

જો તમને આ માહિતી બીજી રચના કે ફોર્મેટમાં મેળવવાની ઈચ્છા હોય, તો કૃપા કરી અમારો સંપર્ક કરતા અચકાશો નહિ.

Hungarian:

Kérjük, vegye fel velünk a kapcsolatot, ha más formában kéri ezt az információt.

Polish:

Jeżeli chciał(a)by Pan/Pani otrzymać niniejsze informacje w innym formacie, prosimy o kontakt.

Punjabi:

ਜੇ ਤੁਸੀਂ ਕਿਸੇ ਹੋਰ ਫਾਰਮੈਟ ਵਿਚ ਇਹ ਜਾਣਕਾਰੀ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ ਤਾਂ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰਨ ਤੋਂ ਨਾ ਝਿਜਕੋ।

Urdu:

اگر آپ اس معلومات کو کسی اور صورت میں حاصل کرنا چاہتے ہیں تو برائے مہربانی ہم سے رابطہ کرنے میں ہچکچاہٹ محسوس نہ کریں۔

Department: Surgical Unit

Division: General Surgery

Production date: September 2019

Review date: September 2022

JR 331 v1

