

Urethral Stricture

What Is A Urethral Stricture?

A urethral stricture is a narrowing of the urethra, the tube responsible for carrying urine from the bladder to the outside of the body. This narrowing can obstruct the flow of urine, leading to various urinary problems. Urethral strictures typically result from scarring caused by injury, infection, surgery, or inflammation.

Symptoms You Might Experience:

If you have a urethral stricture, you may notice:

- A decreased urine stream
- Difficulty starting urination
- Pain during urination
- Urinary tract infections
- Swelling or discomfort in your penis
- A feeling that your bladder is not completely empty after urinating

Causes Of Urethral Strictures

Urethral strictures can develop from:

- Trauma or injury to the urethra or pelvis
- Previous procedures involving the urethra, such as catheterisations or surgeries
- Infections, including sexually transmitted infections

Diagnosing Urethral Strictures

At **Birmingham Urology Centre**, we diagnose urethral strictures using:

- **Urethroscopy:** A small scope is inserted into the urethra to look directly at the stricture.
- **Uroflowmetry:** Measures the volume and speed of your urine flow.
- **Ultrasound:** Assesses the urethra and surrounding tissues.
- **Urethrogram:** An imaging study that evaluates the urethra and identifies blockages.

Treatment Options Available To You

Treatment for a urethral stricture depends on its length and location. Options include:

- **Dilation:** Stretching the stricture with gradual dilation.
- **Urethrotomy:** Cutting the stricture with a small knife via a scope.

- **Urethroplasty:** Surgical removal of the narrowed section of the urethra or replacement with tissue grafts.
- **What to expect from treatment**
- **Minimally invasive techniques:** Many strictures are treated with outpatient procedures.
- **Surgical recovery:** If surgery is required, you may need a brief hospital stay. Recovery times vary based on the complexity of the procedure.

What To Expect After Treatment

Post-treatment, you might:

- Have a catheter temporarily to aid healing.
- Need to perform self-catheterisation at home.
- Undergo follow-up exams to monitor the treated area and ensure there is no recurrence.

Why Choose Birmingham Urology Centre?

At **Birmingham Urology Centre**, our dedicated team uses the latest techniques and technology to provide effective and minimally invasive treatments for urethral strictures. We are committed to offering personalised care that minimises discomfort and facilitates a quick return to your normal activities.

Contact us

If you're experiencing symptoms that suggest a urethral stricture, don't hesitate to contact us. Our specialists are ready to provide expert diagnosis and discuss the best treatment options tailored to your condition. Schedule your consultation today and take the first step towards improving your urinary health.