

STRICTURE OF URETHRA

What is urethra?

Urinary bladder, the storage organ for urine empties the urine through a tube called the urethra and out of the body. The urethra in males passes through the penis and measures around 10 inches in length.

What is urethral stricture?

A urethral stricture is a narrowing in the lumen of the urethra due to scar in or around the urethra. This leads to obstruction in the flow of urine.

What are the causes of urethral stricture?

Injury & infection (including Sexually transmitted diseases) account for most causes of urethral stricture.

What are the symptoms of urethral strictures?

The symptoms of urethral strictures include poor stream of urine, frequent urination painful urination, lower abdominal pain, urethral discharge. Some-times there is complete blockage of urine (retention of urine). Long term severe obstruction, can damage the kidneys.

What are some treatment options?

Various treatment options are available & selection

STRICTURE URETHRA—TREATMENT

depends upon the length, location and degree of scar tissue associated with the stricture. Options include

- Dilatation
- Endoscopic / Laser Operation
- Open Surgery

What is Dilatation ?

This involves stretching the stricture using progressively larger metal rods called dilators. It needs to be done periodically.

What are the problems associated with dilatation?

Dilatation cannot cure the strictures and needs to be carried out at frequent intervals. Pain, bleeding and infection are the main problems associated with dilatation procedures. Dilatation can cause false passage.

What endoscopic operation is done for stricture?

Endoscopic operation for stricture involves use of a telescope that is advanced along the urethra until the stricture is encountered. A knife or laser is then used to cut the stricture, creating a gap in the narrowing. A catheter is placed into the urethra for 3-5 days after the procedure to allow healing.

What problems are associated with endoscopy ?

Endoscopic operation is curative only in mild strictures. It has an overall success rate of 60—70 %. Bleeding and infection are the pain problems associated with it.

When is open surgery advised for strictures?

Strictures due to injury to the urethra have to be treated with open surgery in almost all cases. If a patient is not responding to dilatation or endoscopic treatment, then he will be advised to undergo open surgery.

Many different procedures are now done for stricture urethra. Which one of this procedure will be best suited can be judged only after thorough evaluation of the patient.

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Which are the different types of operations available ?

Basically there are three main types of procedures that are beeing done for stricture urethra.

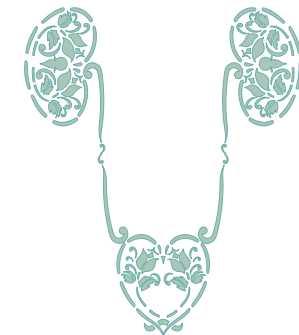
First type and the simplest is excise or completely remove the diseased urethra and rejoin the urethra.

Second type is when skin from elsewhere e.g. from inside the mouth is used to repair the diseased urethra.

Third type is used only for complex stricture when the urethra is laid open and repaired in second sitting 6-12 months later.

What are the possibilities of recurrence?

Generally 10-15% will develop recurrence with any surgery. The possibility is much higher with dilatation and endoscopic operation.



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