

# Urethral Stricture

---

A **urethral stricture is scar tissue causing obstruction to urinary flow**. It can be caused by having had a urethral catheter, urethral surgery, or pelvic trauma (such as a pelvic fracture), but often there is no obvious cause.

A urethral stricture **causes poor urinary flow**, and men often go more often to the toilet as they are **unable to empty their bladder properly**. At its most severe it can cause urinary infection, and complete blockage of the urethra.

A urethral stricture can be treated with an Optical Urethrotomy, a minor procedure done under general anaesthetic using a camera. However, there is a high chance of the stricture recurring, and if this is the case, we often discuss a Urethroplasty. This is a definitive operation, where the offending scar tissue is either removed, or a graft used to return the urethra to a normal calibre. Sometimes this is not possible, and it is better to repeat an Optical Urethrotomy when required.



CITY SPECIALIST CENTRE, Suite A, 120 Hamilton Street, Tauranga 3110  
P. O. Box 13271, Tauranga 3141 · P (07) 571 2288 · F (07) 571 2286  
E [info@bayurology.co.nz](mailto:info@bayurology.co.nz) · W [www.bayurology.co.nz](http://www.bayurology.co.nz) · Healthlink: bayurolo

---

**BAYUROLOGY**

**André Westenberg** B.Sc. M.B.Ch.B F.R.A.C.S.  
CONSULTANT UROLOGIST

**Liam Wilson** M.B.Ch.B F.R.A.C.S.  
CONSULTANT UROLOGIST

**Jim Duthie** M.B.Ch.B F.R.A.C.S.  
CONSULTANT UROLOGIST