

## Procedure Information

### Urethral Sounding

#### Introduction

Urethral Sounding is a procedure to widen the water pipe (urethra) leading from the bladder.

#### Outcomes

You will be able to pass urine more easily and there is less risk of developing urine infections.

#### Procedures

1. The procedure is performed under general anesthesia.
2. A tiny wire is inserted through the urethra into the bladder.
3. Dilators are progressively passed over the wire to gradually increase the size of the urethral opening.

#### Possible Risks and Complications

1. Infection
2. Bleeding
3. Damage to the urethra

\*\* The risks listed above are in general terms and the possibility of complications is not exhaustive. You should understand that even though all procedures are carried out with utmost professionalism and care this does not rule out the possibility of complications arising.

#### Pre-procedure Preparations

1. The procedures and possible complications will be explained by the doctor and a consent form must be signed prior to the procedure.
2. Eating and drinking should be avoided for **at least six hours before** the operation.
3. You are advised to have a shower before coming to hospital (if possible).
4. Routine test such as ECG, x-ray or blood test etc. may be performed.
5. You should inform the doctor if you have any medical conditions (e.g. diabetes mellitus, heart disease, hypertension etc.) and taking any regular medications (e.g. Aspirin, Warfarin, Plavix, Presanti including herbs and dietary supplement).
6. You should change into a surgical gown after removing all belongings including undergarments, dentures, jewellery and contact lenses.
7. You should ensure your bladder is empty before the procedure.

#### Post-procedure Instructions

1. The pulse, blood pressure and breathing of you will be closely monitored by the nursing staff.
2. After general anesthesia, you may:
  - experience discomfort in the throat after tracheal intubation.
  - experience side effects of anesthesia including feel tired, drowsy, nausea or vomiting. Inform the nurse if symptoms persist or worsen.
3. A tube may be inserted to empty the bladder for a few hours after the procedure.

## **Advices on Discharge**

1. Prescribed pain medication may be taken as needed.
2. Normal activities can be resumed when the patient feels better.
3. You should immediately return to the doctor or hospital for professional attention in the event of difficulty in urinating, urethral bleeding, fever over 38°C or 100°F, etc.
4. Any follow-up consultations should be attended as scheduled.

Should there be any enquiries or concerns, please consult the attending doctor. The attending doctor will be pleased to answer such enquiries and explain to you.

Under the professional care of the doctor, you will gradually recover. We wish you all the best during your treatment and recovery.

If you have any questions after reading the entire leaflet, please write them down in the spaces provided in order for the doctor to further follow-up.

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Compiled by Union Hospital Consent Form Committee

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