



Patient Information Leaflet: OPTILUME™ Drug-Coated Balloon Treatment

What is OPTILUME™?

OPTILUME™ is a **minimally invasive treatment** for men with **recurrent urethral stricture disease** — a condition where scar tissue causes narrowing of the urethra, making it difficult to pass urine.

OPTILUME combines **balloon dilation** with a **drug-coated balloon** that delivers a low dose of **paclitaxel**, a medication that helps reduce scar tissue regrowth. This innovative approach aims to restore urine flow and reduce the chance of the stricture returning.

Why Have I Been Offered OPTILUME?

You may be suitable for this procedure if you:

- Have a **narrowing (stricture)** of the urethra
- Have previously had treatment (e.g. dilatation or urethrotomy) but the stricture has returned
- Are seeking an alternative to repeated surgical procedures
- Have a stricture length of **≤3 cm**, which is appropriate for balloon-based treatment

Your consultant will have assessed your history, symptoms and imaging to determine if OPTILUME is appropriate.

How Does It Work?

OPTILUME is a **drug-coated balloon catheter**. The procedure involves:

1. **Balloon dilation** of the narrowed urethra to restore passage
2. **Delivery of a drug (paclitaxel)** directly to the treatment area
3. Paclitaxel acts locally to reduce the formation of new scar tissue



This dual approach helps **reduce recurrence** and offers longer-term relief compared to standard dilatation alone.

What Does the Procedure Involve?

- Performed as a **day case under local or general anaesthetic**
- A thin camera (**cystoscope**) is inserted into the urethra
- A guidewire is passed through the stricture
- The OPTILUME balloon catheter is inserted over the wire
- The balloon is **inflated at the narrowed segment** and left in place for a short period (usually under 10 minutes)
- The balloon is then deflated and removed

You may be given a **temporary catheter** to allow the urethra to settle.

After the Procedure

- Most patients go home the same day
 - You may have a **catheter for 24–72 hours**, depending on your clinician's recommendation
 - Mild discomfort when passing urine is common for a few days
 - Avoid heavy activity or sexual intercourse for **1 week**
 - Drink plenty of fluids to flush the bladder
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Expected Benefits

- Restoration of **normal urine flow**
 - Reduction in **urinary symptoms** (e.g. straining, slow stream, incomplete emptying)
 - Reduced need for repeat dilatations or surgery
 - Fast recovery and return to daily activities
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Are There Any Risks?



While generally safe, as with any procedure there are some potential risks:

- Mild discomfort or burning: Usually settles within a few days
 - Urinary tract infection (UTI): May require antibiotics
 - Blood in the urine: Often temporary
 - Temporary need for catheter: Especially if there is swelling post-treatment
 - Stricture recurrence: Less likely than with standard dilatation, but still possible
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Follow-Up

You will be reviewed in clinic to assess your recovery, check urine flow and ensure symptoms have improved. Follow-up may include:

- Symptom questionnaires
- Flow tests (uroflowmetry)
- Repeat imaging (if required)

Your consultant will advise on any further treatment, if needed.

Questions or Concerns?

If you have any concerns before or after your OPTILUME procedure, our team is here to help.

 **The Forbury Clinic**
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