

Optilume for treating recurrent bulbar urethral strictures

Information for the public

Published: 29 November 2022

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NICE has said that Optilume can be used in the NHS for treating recurrent bulbar urethral strictures in adults if more data is collected on how well it works in the long term.

Optilume is a balloon coated with a medicine called paclitaxel. It is designed to be used for a urethral stricture (narrowing of the tube that urine passes through) that is 3 cm or less in length. Optilume is inserted through the stricture and inflated. It is then kept in place for at least 5 minutes to widen the stricture and allow uptake of paclitaxel. The aim of the paclitaxel is to prevent new tissue growth and reduce scar formation.

The benefits of Optilume are that it can prevent or delay the need for more invasive surgery. Also, it can be done in an outpatient setting under local anaesthesia. So, it has the potential to reduce waiting lists for surgery for recurrent bulbar urethral strictures.

Is this treatment right for me?

Your healthcare professionals should give you clear information, talk with you about your options and listen carefully to your views and concerns. Your family can be involved too, if you wish. Read more about [making decisions about your care](#).

Questions to think about

- How well does it work compared with other treatments?
- What are the risks or side effects? How likely are they?
- How will the treatment affect my day-to-day life?
- What happens if the treatment does not work?
- What happens if I do not want to have treatment? Are there other treatments available?

Information and support

You can get support from your local [Healthwatch](#).

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ISBN: 978-1-4731-7566-2