



Urethral Prolapse

What is urethral prolapse?

The urethra is the tube that urine passes through when it leaves the bladder during urination. Urethral prolapse occurs when the inner part of the urethra sticks out from the urethral opening or meatus. It occurs more often in young children with constipation or chronic cough.

What are the symptoms of urethral prolapse?

The most common symptom is vaginal bleeding. Some children may have genital pain, painful urination, or difficulty with urination. Sometimes blood is seen on the underwear. However, some patients do not experience any symptoms.

How will my healthcare provider diagnose urethral prolapse?

This is diagnosed by a simple physical exam. The healthcare provider sees the prolapsed portion of the urethra which resembles a donut shaped red tissue at the urethral meatus or opening.

Image of urethral prolapse



How is urethral prolapse treated?

Urethral prolapse is treated with topical estrogen cream twice a day as well as sitz baths (sitting in a tub of warm water). Screening for a urinary tract infection (UTI) is important if patients have burning or pain with urination. Treating constipation is important. If the prolapse does not respond to estrogen cream, surgery may be necessary.

After it is treated, will urethral prolapse come back? Will it cause problems later?

Urethral prolapse does not often come back. To lower the chance of recurrence, constipation and cough symptoms should be treated.