



**Health Professionals
Committed to the
Reproductive Needs of
Children and Adolescents**

Urethral Prolapse

What Is Urethral Prolapse?

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

What Are The Symptoms Of Urethral Prolapse?

Girls may have bleeding, pain, painful urination, and difficulty with urination. Sometimes blood is seen on their underwear. Often patients do not experience any symptoms.

How Will My Healthcare Provider Diagnose Urethral Prolapse?

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

How Is Urethral Prolapse Treated?

Urethral prolapse is treated with topical estrogen cream twice a day as well as sitz bath, sitting in a tub of lukewarm water. Screening for a urinary tract infection or UTI is important if patients have burning with urination. 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, girls should have constipation and cough symptoms treated.