



## Trial without catheter

A Trial without catheter is a procedure in which we will remove your urethral catheter (the tube which is inserted into your bladder to drain urine). We will then assess your bladder ability to function without the catheter. This involves you drinking fluids to see if you can pass urine naturally and we will then assess the volume of fluid left in your bladder afterwards to assess how well you empty the bladder.

### Do I need to bring anything with me?

Please bring a list of any medication you are currently taking including prescription and herbal remedies. You may be in the hospital for several hours so you may wish to bring a change of underwear and clothing just in case, a snack, and book or magazine to read.

### Is there anything I can do before the TWOC appointment?

On the days leading up to your appointment increase your fluid intake to 2 litres. Unless you have been told you are on a fluid restriction.

Make sure you are not constipated; constipation can have an impact on your ability to empty your bladder, take over the counter laxatives if needed.

Continue to take your medication as prescribed. If you have been started on Tamsulosin please ensure you continue to take this, if you run out of medication, please ask your GP for a repeat prescription.

### What to expect on the day

You can eat and drink as normal, please take any medication as normal.

You will arrive at the clinic in which the urology Nurse will have a chat about why you had the catheter initially inserted i.e. A+E – retention (unable to pass urine) Post operation.

We will write down your medication – please bring a list with you.

The catheter will then be removed; we will ask you to drink some fluids this will allow your bladder to fill. When you have a strong urge to pass urine we will ask you to pass urine in our special toilet (It is a private adapted toilet which will measure the amount and flow of urine passed).

After you have passed urine we will re-enter the room and scan your bladder, this is to assess how much urine is left in your bladder. It involves applying gel onto your tummy and ultrasound scan will be performed following the results we may ask you to repeat the test again.

## Information for Patients

---

### **If you are successful and no longer need a catheter to be reinserted**

You will be sent home. However, you may be at risk of going back into retention, if you have any of these signs, please seek medical attention as you may be in retention.

#### **Things to look out for**

- Going to the toilet a lot / frequently
- Passing small amounts of urine each time
- Having lower tummy pain
- Have difficulty starting the flow of urine
- Feel like your bladder is full but unable to empty it
- Feel pain when passing urine

### **If you are unsuccessful and require a catheter**

If you are unable to pass urine or are not fully emptying your bladder, your nurse will discuss the option available to you. This may be inserting a new long-term catheter which would be changed by the District Nurses every 10–12 weeks or teach you clean intermittent self-catheterisation (CISC) this would involve the nurses teaching you how to pass the catheter. If CISC is something appropriate for you, it will be discussed in further detail at your appointment. Until you can be seen by a urologist to discuss the next stages in your care.

Please use the space below to write down any questions you may have and bring this with you to your next appointment.

.....

.....

.....

.....

.....

.....

.....

.....

.....

### **Department address and contact information:**

#### **Urology**

Queen Elizabeth Hospital Birmingham  
Mindelsohn Way,  
Edgbaston Birmingham,  
B15 2GW  
Telephone: 0121 627 2000

If you require this information in another format, such as a different language, large print, braille or audio version please ask a member of staff or email [patientexperience@uhb.nhs.uk](mailto:patientexperience@uhb.nhs.uk).