



Patient information leaflet - Trial With-Out Catheter (TWOC)

Today we have removed your catheter and will be assessing if you can successfully pass urine without it. This information sheet will explain what we would like you to do and what we will do to give you the best chance of success.

We have attended your home in the morning to allow as much time as possible for a successful trial without catheter. We will return this afternoon between 15:00-17:00 to assess your progress.

What should I do following removal of my urethral catheter?

- Please drink 1pint (500mls) of water in the hour following the removal of your catheter.
- Please drink an additional 2 pints of fluid **gradually** over the next 6 hours before the nurse returns to your home; this is to ensure your bladder can hold and empty urine safely without you feeling any discomfort.

A nurse will return to your home between **15:00-17:00** to assess your progress and will use a bladder scanner to check that your bladder is emptying properly.

***** It is important that you DO NOT DRINK TOO MUCH WATER TOO QUICKLY as this can cause unnecessary pressure on your bladder. Your bladder needs to get used to filling and emptying again which it did not do whilst you had your catheter inserted.**

If the bladder scan shows that your bladder is empty to a satisfactory level, then you will be able to continue without a catheter***

What to do if you have passed your trial without catheter?

Continue to drink approximately 2 litres of water/fluids per day

- You should start to have the sensation that you need to pass urine again.
- Please ensure that you are emptying your bladder regularly
- You may experience urinary urgency, frequency or on occasion some urinary incontinence this should settle down in time.
- You may also experience burning sensation or discomfort when you pass urine, however if this continues it may mean that you have a urinary infection, and you will need to contact your GP

In the event that you are unable to pass urine and/or you are experiencing abdominal discomfort, please phone and leave a message at the **BLADDER AND BOWEL SERVICE ON: 0121 704 2381**, then call the **DISTRICT NURSE on: 0121 717 4333** stating your name, address, telephone number and the reason for your call (i.e. "I had my catheter removed this morning and I cannot pass urine, I am having discomfort or I'm experiencing pain"). This may mean that you need to have your catheter re-inserted for a brief time until you are ready to have another trial without catheter.

Information for Patients

MEDICATION:

- If you are taking medications to help you empty your bladder, please continue to take these.
- If you are taking medications for your bowels, please continue to take these.

What happens following a successful trial without catheter?

- You will be visited at home and have a **follow up** bladder scan in 1 week
- You will have a **final** bladder scan 4 weeks later. If this scan is successful, you will be discharged from the Bladder and Bowel Service, however, if necessary, you will be able to contact the service on 0121 704 2381 for advice and reassurance.

What happens if my Trial Without Catheter IS UNSUCCESSFUL?

- Your urinary catheter will be re-inserted
- Following assessment, you may be given the option of having a further trial in the future.
- If you have failed 2x trials without your catheter whether in hospital, community or both combined, you will be referred to a urology consultant for further management via your GP service.

Accessibility

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