


## Having a trial without catheter (TWOC) Urology Outpatients



Information  
for patients

### What is a trial without catheter?

Trial without catheter is the removal of a catheter from the bladder for a trial period. It will determine whether you are able to pass urine independently.

The catheter will be removed by one of the Urology Nurse Specialists who are based in the outpatients clinic. The nurse will explain the procedure and answer any questions you may have. It is important that you are not constipated as this may interfere with your ability to pass urine. Please visit your GP if you need treatment for constipation before the catheter is removed.

### What will happen once the catheter has been removed?

Removing the catheter is a quick procedure; it is slightly uncomfortable but not normally painful. You will be encouraged to fill your bladder by drinking sufficient fluid (usually 1 - 1 ½ litres). This normally means drinking a glass or cupful of water/juice approximately every 5 to 10 minutes. You will be given a separate jug to measure your urine and you will have to record the amount of urine you pass on a special chart. Please ensure you bring your reading glasses with you.

### How long will I have to remain in the hospital?

You will have to stay in the department for the nurses to monitor how well you are passing urine. Please be prepared to remain in the department for about 6-8 hours while you are being monitored. A scan of your bladder will also be done after you pass urine to ensure you are emptying your bladder sufficiently. The scan will be performed by the Specialist Nurse after a variable period of time (usually 3 to 4 hours). If your bladder begins to feel uncomfortable and you are unable to pass urine, a scan may be performed sooner. The nurse will inform you whether or not you have successfully passed urine depending on the outcome of your scan. If so, then you will be discharged home without a catheter. Should you fail to empty your bladder sufficiently you may need to have a catheter put back in before you go home. A follow up appointment will be arranged for you to be seen by a Consultant at a later date.

### Reminder

Please take all your usual medication. You may eat and drink as normal. It is advisable to bring with you a small packed lunch as you will be in the department for a while. There is a coffee shop nearby where you can buy a light snack if preferred. If you use a frame or walking stick to help you mobilise you should bring this with you. You may wish to bring extra clothing such as undergarment and trousers.

### Contact details

If you require hospital transport please call 020 8725 0808 to book this. For any queries please do not hesitate to contact the Urology Nurses on 0208 725 3264. We are in clinic so it may be difficult to speak to us at times. Please leave a message on the answer machine.



RAD/VCV/01  
Published: June 2014  
Review: June 2016

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