

Having a trial without catheter (TWOC)

This leaflet explains more about having a trial without a catheter, including the benefits, risks and any alternatives and what you can expect when you come to hospital.

If you have any further questions, please speak to a doctor or nurse caring for you.

What is trial without catheter?

This is when the catheter is removed from your bladder for a trial period to see if you can pass urine without it. The catheter will be removed by one of the urology nurse specialists based in the outpatient 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 stop you being able to pass urine. Please visit your GP if you need treatment for constipation before the catheter is removed.

How can I prepare for my trial without catheter?

Please take all your medication and eat and drink as normal.

You will be in the department for four to six hours, so should either bring a small packed lunch or some money to buy a light snack from the nearby coffee shop.

If you normally use a frame or a walking stick bring this with you.

You may also wish to bring some extra clothes such as underwear and trousers.

If you require hospital transport please call; **020 8725 0808** to book this.

What happens during my trial without catheter?

Removing the catheter is normally quick and painless but may be slightly uncomfortable.

You will need to fill your bladder by drinking one litre of fluid. This normally means drinking a glass of water or juice every 5 to 10 minutes.

You will be given a separate jug to pass urine into and will have to record the amount you pass on a chart. Make sure you bring your reading glasses with you if you need them.

You will have to stay in the department for the nurses to monitor how well you are passing urine.

Most patients will need to stay for about four hours but you should be ready to stay for up to eight if needed.

A scan of your bladder will be done after you pass urine to make sure you are emptying it fully.

The scan will be performed by the specialist nurse, usually after three to four hours. If your bladder begins to feel uncomfortable and you can't pass urine, you may have the scan sooner.

From your scan, the nurse will tell you if you have passed urine well enough.

If you have you will be discharged home without a catheter.

If not, you may need to have a catheter put back in before you go home.

Will I have a follow-up appointment?

You may have a follow up appointment arranged with a consultant at a later date.

Contact us

If you have any questions or concerns about trial without catheter, please contact the urology nurses on **020 8725 3264** (Monday or Thursday, 9am to 5pm).

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.stgeorges.nhs.uk

Additional services

Patient Advice and Liaison Service (PALS)

PALS can offer you on-the-spot advice and information when you have comments or concerns about our services or the care you have received. You can visit the PALS office between 9am and 5pm, Monday to Friday in the main corridor between Grosvenor and Lanesborough Wing (near the lift foyer).

Tel: 020 8725 2453 **Email:** pals@stgeorges.nhs.uk

NHS Choices

NHS Choices provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health.

Web: www.nhs.uk

NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

Tel: 111

