

Trial Without Catheter (TWOC) Clinic

Please attend the reception desk on Ward 7B, Orange Zone, Main Tower Block (Level 7)

You have been given an appointment to attend the Trial Without Catheter (TWOC) Clinic for removal of your catheter. The purpose of this leaflet is to explain what happens at this appointment. Please read this information before your visit to the clinic.

What is a trial without catheter?

A trial without catheter is the removal of a catheter from the bladder for a set period of time. It will determine whether or not you are able to pass urine independently. **It is important you are not constipated at the time of the trial as this may interfere with your ability to pass urine.** Please visit your GP if you need treatment for constipation **before** your appointment to have the catheter removed.

How long is my appointment at the TWOC Clinic likely to last?

Appointments can last up to 4 hours. After your catheter has been removed, you don't necessarily need to stay in the clinic area, although during these 4 hours we ask that you stay near to the department as the nurses will need to monitor how well you are passing urine.

Who will I see in the clinic?

The catheter will be removed by one of the urology nurse specialists. The nurse will explain the procedure and answer any questions you may have. Removing the catheter is a quick procedure; it is slightly uncomfortable but not normally painful.

What will happen once the catheter is removed?

- After the catheter has been removed, you will be encouraged to fill your bladder by drinking enough fluids (usually one litre). This normally means drinking a glass or cupful of water/juice approximately every 5 to 10 minutes.
- An ultrasound scan of your bladder will be done after you pass urine to ensure you are emptying your bladder sufficiently. The scan will be performed by the urology nurse specialist 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 done sooner. This will be repeated as necessary.
- The nurse will tell you if you have successfully passed enough urine depending on the outcome of your scan. If so, you will be discharged home without a catheter.

- If you are not able to empty your bladder, you may need to have a catheter reinserted before you go home. A follow-up appointment will then be made for you to attend the TWOC clinic again.
- If you are not able to empty your bladder completely, you may be taught intermittent self-catheterisation (ISC).

What is intermittent self-catheterisation (ISC)?

ISC drains the urine from the bladder using a small tube (like a straw). It also ensures your bladder has been emptied properly, even when you have passed urine normally. Keeping your bladder empty prevents kidney problems, such as infections, bladder stones and dribbling of urine.

If self-catheterisation is required, you will be provided with everything you need and taught how to do it. You will be supervised until you are confident, and a telephone review will be arranged for 1 week after.

What should I expect when I go home without a catheter?

- You may notice a small amount of blood in your urine initially, and you may experience some discomfort. If so, take a simple painkiller like paracetamol.
- You may feel a 'stinging' sensation on passing urine. This is normal and should stop within 48 hours.
- You may experience some urgency and frequency of passing urine. This is because the bladder has not been used to storing urine whilst the catheter has been in place; this will gradually improve. Continue to drink plenty of fluids (at least two litres a day).
- If your symptoms do not resolve within 48 hours, please contact either the TWOC Clinic (please see page 3) or your GP for advice. **Attend your local Emergency Department if you are unable to pass urine at all.**

Additional information

- Please continue to take all your usual medication.
- You may eat and drink as normal.
- It is advisable to bring a small packed lunch/refreshments with you as you will be in the department for a while. There is a coffee shop at both the New QEII and Lister Hospital where you can buy a light snack if you prefer. At the Lister Hospital only, there is also a shop and restaurant where you can buy food and drink.
- If you use a walking stick or frame to help you mobilise, you should bring this with you.
- If you are unable to mobilise independently, you must bring a family member, carer or friend with you.
- Please inform the Urology Department if you are unable to mobilise more than 50 metres. If this is the case, a trial without catheter will need to be arranged to take place at your home.
- You may wish to bring extra lower garments/clothing with you, such as underwear, trousers or a skirt.

If you no longer have a catheter and are not in need of this appointment, please contact the TWOC Clinic on 01438 284356 or email urologynurselister.enh-tr@nhs.net

Useful contact details

East and North Hertfordshire Teaching NHS Trust:

- Website www.enherts-tr.nhs.uk
- Telephone 01438 314333

TWOC Clinic, Ward 7B, Lister Hospital:

- Telephone 01438 284356
- Email - urologynurselister.enh-tr@nhs.net

Leaflet information

**You can request this information in a different format or another language;
please speak to your doctor or nurse.**

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