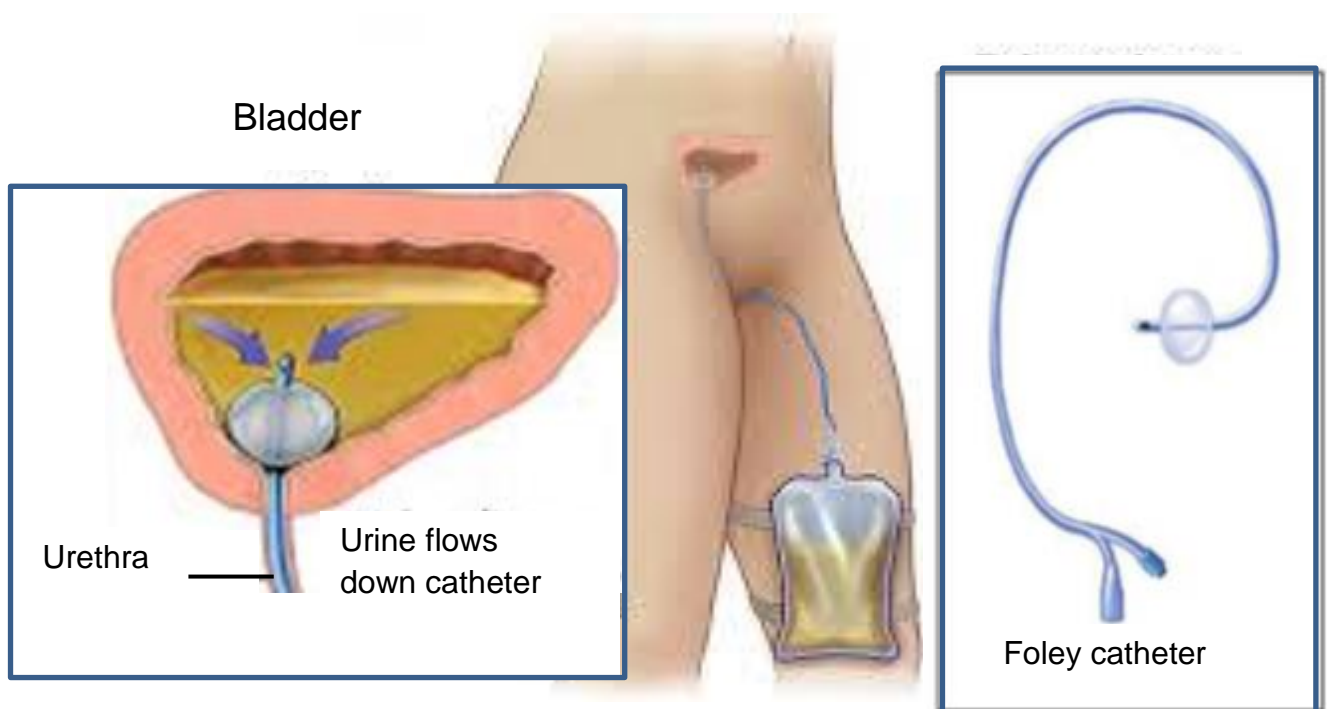


## Female Trial without catheter (TWOC): frequently-asked questions

### What is a trial without catheter?

A trial without catheter is when a catheter which has been inserted via the urethra (water pipe) is removed from the bladder for a trial period to determine whether you are able to pass urine spontaneously.



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

You will be encouraged to fill your bladder slowly by drinking sufficient fluid. This normally entails drinking a glass or cupful of liquid approximately every 45-60 minutes.

Do not drink too much too quickly or gulp your drinks as this will make you less likely to be able to pass urine. The nurse will also do an ultrasound scan of your bladder to make sure it is emptying. You can leave the clinic to have a drink once the trial without catheter has started. You need to return before you empty your bladder for the second time or after four hours, whichever is sooner.

### Do I have to stay in hospital during this time?

Removal of the catheter is done as an outpatient appointment; you can leave the clinic but remain within the hospital so that you can return to the Clinic at any time.

## **What do I need to look out for?**

Please come back to the clinic if you cannot pass urine after four hours.

Tell the nurse if you:

- pass small amounts of urine
- have pain in your lower tummy
- find it hard to start urinating
- feel like you have a full bladder and cannot empty it fully
- feel pain when passing urine.

These could be the signs that you cannot pass urine (urinary retention).

## **What happens when I pass urine?**

Once you have passed urine a second time the nurse will do an ultrasound scan of your bladder straight away or put a catheter into your urethra and then take it out. This is so they can find out how much urine is left in your bladder.

## **What happens if I cannot pass urine?**

The nurse may put a new catheter into your urethra or they may show you how to do 'clean intermittent self-catheterisation' (CISC). This involves putting a catheter into your urethra and taking it out a few times a day to help empty your bladder. You may need to do this for a short time only.

If self-catheterisation is required, your Specialist Nurse will provide you with everything you need for this and will continue to monitor your progress at subsequent outpatient appointments or telephone follow-ups.

If you require re-catheterisation, you will be automatically referred back to your Consultant Urologist for further advice.

## **Reminder**

Please take all your usual medication and you may eat and drink as normal. It is advisable to bring with you a small packed lunch or snack as you will be in the department for a while. There is a café and shop in the hospital where you can buy a light snack if preferred.

## **Who can I contact for more help or information?**

Urology Specialist Nurse Team on 01270 278086.

This information is available in audio, Braille, large print and other languages. To request a copy, please telephone 01270 278086.

Printed: May 2021 Review May 2024 Ref: SC/UROL/0190521