

# **Trial without catheter (TWOC) in hospital**

## Information for Patients

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### **Introduction**

This leaflet contains frequently asked questions about having a trial without catheter in the hospital.

### **What is trial without catheter (TWOC)?**

A trial without catheter is when the catheter is removed from your bladder to see if you are able to pass urine without it.

### **Do I need to do anything before a TWOC?**

Please ensure that your bowels have moved recently. Constipation may cause difficulty in passing urine. If you are coming into hospital for this procedure, you should bring a list of your current medications. When your catheter is removed you will be monitored for a few hours at the hospital. You may wish to bring something such as a book to read to help to keep you occupied.

### **When is the catheter removed and what will happen when the catheter has been removed?**

The nurse will explain the TWOC procedure with you. If you are happy to go ahead with this, the nurse will remove your catheter. Your nurse will instruct you how much fluid you need to drink to allow your bladder function to be checked.

Once the catheter has been removed, you will be asked to pass urine into a container so this amount can be measured. If you leave the ward for any reason, you will need to return if you need to pass urine. The amount of fluid taken orally and volumes of urine passed need to be recorded in an input/output chart, either by yourself or by the nurse. A bladder scan will be performed after approximately three to four hours or if you have passed urine twice. If you begin to feel uncomfortable or unable to pass urine, a scan may be performed sooner.

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

Please let your nurse know if you are experiencing the following symptoms:

- Unable to pass urine.
- Frequency – visiting the toilet frequently.
- Passing small amounts of urine each time you visit the toilet.
- Lower abdominal (tummy) pain.
- Difficulty starting the flow of urine – hesitancy/straining.
- Feeling that you have not emptied your bladder properly.
- Pain when passing urine.

## **What is the bladder scan and what will happen afterwards?**

A bladder scan is a portable ultrasound scan that can show how much urine is left in your bladder after you have passed urine. This can be done on the ward for you.

The nurse will review the results with the information from the input/output chart and will ask you how you are feeling. The results will be discussed in full with you.

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

A new catheter may be inserted or you may decide on alternative methods of managing your bladder as previously discussed with the nurse. With your agreement, you may be taught intermittent self catheterisation which is the process of inserting a catheter to drain the urine from your bladder and removing it once the bladder is empty.

If self catheterisation is required, a specialist nurse will support you with this and provide you with everything you require.

## **General advice following a trial without catheter**

- Drink approximately 1½ to 2 litres of fluid per day.
- Avoid drinks which contain caffeine.
- Avoid constipation.
- Tell your nurse or doctor if you are experiencing any problems emptying your bladder or feel that your bladder is not emptying completely.
- Tell your nurse or doctor if you feel unwell and think you may have a bladder infection.

## **Interpretation and Translation**

Your GP will inform us of any interpreting requirements you have before you come to hospital and we will provide an appropriate interpreter. If you are having this procedure as an existing inpatient, staff will arrange interpreting support for you in advance of this procedure. This leaflet may be made available in a larger print, Braille or your community language. Please ask your nurse.