

Trial without catheter (TWOC) in the community

Information for Patients

Introduction

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

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.

When is the catheter removed and what will happen afterwards?

The nurse will explain the TWOC procedure with you. If you are happy to go ahead with this, the nurse will remove your catheter.

You will be asked to fill your bladder slowly by drinking fluid. We would normally suggest drinking a glass or cupful of liquid every 45-60 minutes.

What will I be expected to do following the removal of the catheter?

You will be asked to pass urine into a container so this amount can be measured. The amount of fluid taken orally and volumes of urine passed need to be recorded in an input/output chart, to record how much you drink and how much urine you pass. Your nurse will provide you with a copy of the chart.

What will the nurse do?

Your nurse will contact you later in the day to arrange a review. A bladder scan may be done at this visit.

What is the bladder scan and what will happen after the scan?

A bladder scan is a portable ultrasound scan that can show how much urine is left in your bladder after you have passed urine. You will be asked to lie down and a small probe will be placed on your lower abdomen to see if there is any urine in your bladder.

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.

Is there anything 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 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 GP if you are experiencing any problems emptying your bladder or feel that your bladder is not emptying completely.
- Contact your GP if you feel unwell and think you may have a bladder infection.

Interpretation and Translation

This leaflet may be made available in a larger print, Braille or your community language. Please ask your nurse.