



Having a trial without your urinary catheter at home

Information for patients

What is a Trial without Catheter?

A Trial without Catheter (TWOC) is when the catheter (the tube inserted into your bladder to drain urine) is removed from your bladder for a trial period to determine whether you can pass urine spontaneously. You will also have an ultrasound scan of your bladder as part of the trial.

The TWOC will take place in your own home and will be monitored by a District Nurse.

If you are constipated or have a urine infection at the time of your TWOC, please contact the district nursing messaging service on **020 7288 3555**.

If you are taking any bladder calming medication this will need to be stopped for at least one week before your TWOC. If you are unsure, please contact the district nursing messaging service **020 7288 3555**.

What is the benefit of a TWOC?

The benefit of a TWOC is that it will enable us to assess your bladder to make sure you are emptying it effectively. The bladder scan will tell us the volume of urine in your bladder which allows us to assess how well you are emptying it.

What are the risks of a TWOC?

During the trial period you may be unable to empty your bladder which will mean the catheter will need to be reinserted.

There is a risk of developing a urinary tract infection. We will assess your risk of this and take appropriate action to reduce risk or treat it.

What are the risks of declining a TWOC?

If you decide to decline a TWOC, your urology team will not be able to assess whether you are able to pass urine spontaneously, which may mean you will require a long-term catheterisation. It may also result in your bladder function and capacity being reduced.



Are there any alternative?

There are no alternative tests that can assess your ability to pass urine and empty your bladder without a catheter.

Preparing for a TWOC

To prepare for your TWOC please make sure that you have access to a telephone on the day of the trial. You will need to stay at home for the duration of the trial so that contact can be maintained.

What to expect

The District Nurse will visit you early in the morning on the day of your TWOC to remove your catheter.

Please drink plenty of fluids during the trial; water is better than tea and coffee

The District Nurse will give you a telephone number to call if you are unable to pass urine and need an urgent visit

The District Nurse will visit you again to perform a bladder scan at some point in the afternoon. This involves applying a small amount of ultrasound gel to your lower abdomen and then using a probe to look for the bladder. This does not hurt. This will determine how well your bladder is emptying.

After the TWOC

At the end of the trial, we will discuss the results with you. If you are passing urine normally and the scan shows your bladder to be empty you will not need another catheter inserted.

If you are unable to pass urine sufficiently the nurse will discuss the option of teaching you how to perform Intermittent Self Catheterisation, the passing of a specifically designed catheter into the bladder to drain the urine and then removed or a long-term catheter reinserted.

You will be given further information about any aftercare and follow-up you may need, depending upon the outcome of your TWOC

If you experience any problems passing urine over the next 48 hours, please contact the district nursing using the number you will have been given by the district nurses on the day your catheter was removed.



Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or whh-tr.PALS@nhs.net

If you need a large print, audio or translated copy of this leaflet please email whh-tr.patient-information@nhs.net. We will try our best to meet your needs.

Twitter.com/WhitHealth
Facebook.com/WhittingtonHealth

Whittington Health NHS Trust
Magdala Avenue
London
N19 5NF
Phone: 020 7272 3070
www.whittington.nhs.uk

Date published: 02/08/2022
Review date: 02/08/2024
Ref: ACS/B&B/TWOCathome/01

© Whittington Health
Please recycle

