

Patient information

Trial without Catheter

Urology Department – Royal Liverpool Hospital

The aim of this leaflet is to explain what to expect when you are discharged with a urinary catheter and require a Trial without Catheter (TWOC).

What is a urinary catheter?

A catheter is a flexible tube that drains urine from your bladder. This is either connected to a catheter bag that you empty once it is full, or a catheter valve (which is a type of tap) that allows you empty the bladder when it is full and avoids the need for a bag.

What is a trial without catheter?

Trial without catheter (TWOC) is the medical term that describes the removal of your catheter to find out whether you can pass urine without it.

Why do I need to go home with a catheter?

There are many reasons why patients are catheterised in hospital. Most will have their catheter removed before they leave hospital and will pass urine successfully.

Some will be unable to pass urine, so a new catheter will be inserted to allow the bladder to have a period of rest.

In other people the catheter needs to be left for a period of time because of the type of operation they have had.

The team looking after you will let you know how long your catheter needs to stay in for.

How do I manage the catheter?

Catheters have a balloon at the end, which keeps them in place within the bladder. They are usually either attached to a small bag (a leg-bag) or larger bag (a night-bag). The latter is usually attached at night so that you do not need to get up and empty it as often overnight. The valve at the bottom of the bag is used to empty it.

Alternatively, you can have a valve at the end of the catheter (a flip-flow valve) that allows you to empty your bladder when it feels full. This has the advantage that you do not need to wear a bag during the daytime.

Further information is available in the Catheter Passport that you will have been given.

What is a catheter passport?

This booklet provides information regarding your catheter for all health care professionals. Please keep it with you at all times.

What will happen after I go home with my catheter?

On discharge, your nurses will have completed a district nurse referral. If you experience any concerns with your catheter please contact them directly.

You will receive an appointment to have your TWOC. If you have not heard about this appointment within seven days please contact the Urology Specialist Nurses at the hospital you have been referred to.

Royal Liverpool Hospital
Urology Benign Condition Specialist Nurses
Tel: 0151 282 6819
Text phone number: 18001 0151 282 6819

Aintree Hospital
Urology Specialist Nurses
Tel: 0151 529 3484
Text phone Number; 18001 0151 529 3484

Can I do everything as normal with a catheter in?

The catheter may restrict you slightly and may give some discomfort. Avoid heavy lifting. You are more prone to urinary infections with a catheter in. Further information is in the Catheter Passport.

From time to time you may see some blood in the urine. If this becomes severe or causes a blockage you will need to get in touch with the district nurses who will, if appropriate, refer you to the emergency department.

How do I prepare for a TWOC?

Some male patients will have been asked to start a tablet called an alpha blocker before their TWOC. The most common ones are Tamsulosin and Alfuzosin. These help to relax the prostate and you should have taken these for at least two days before the TWOC.

You should aim for regular bowel movements and avoid constipation at the time of the TWOC. If you are having problems with your bowels please see your family doctor (GP) or district nurse.

On the day of the TWOC please keep well hydrated.

Where will my TWOC happen?

Some patients will have their TWOC in the Urology Outpatient Department. Others will take place at home, by the district nurses.

What happens on the day of the TWOC?

If you attend the Urology Outpatient Department your catheter will be removed. A nurse will then ask you to fill up your bladder by drinking and ask you to pass urine when you feel ready.

They will scan your bladder to check you are emptying. You will be allowed to go home when you feel comfortable and the nurse is happy that you are able to pass urine freely.

If your catheter is to be taken out at home the district nurses will contact you to explain the process to you and arrange a time for this to be done

Will I definitely be able to pass water after the catheter comes out?

Most people who passed urine normally before the catheter went in will do so again after the catheter has been removed.

In some patients there may be an underlying prostate (men only) or bladder problem that means they are unable to pass urine after the catheter has been removed.

If you do not pass urine other methods of bladder emptying will be discussed at your appointment, including clean intermittent self-catheterisation.

Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

If you have accessed this patient information leaflet via a QR code, can you please take the time to complete a short questionnaire by clicking [here](#).

Further information

For queries about your appointment, contact the hospital you have been referred to

Royal Liverpool Hospital

Urology Department

Tel: 0151 282 6877/6788

Text phone number: 18001 0151 282 6877/6788

Aintree Hospital

Patient Appointment Centre

Tel: 0151 529 4550

Text phone number: 18001 529 4550

For queries about your TWOC, please phone the Hospital Urology Specialist Nurses and leave a message:

Royal Liverpool Hospital Urology Specialist Nurses

Tel: 0151 282 6819

Text phone number: 18001 0151 282 6819

Aintree Hospital

Urology Specialist Nurses

Tel: 0151 529 529 3484

Text phone number: 18001 0151 529 3484

Alternatively, please contact your Urology Consultant's secretary.

For other general information visit

<http://www.baus.org.uk/>

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All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

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