



York and Scarborough  
Teaching Hospitals  
NHS Foundation Trust

# Having a Trial Without Catheter (TWOC)

Information for patients, relatives and carers

① For more information, please contact:  
The Urology Department

The York Hospital  
Wigginton Road, York, YO31 8HE  
Tel: 01904 631313

Or

The Scarborough Hospital  
Woodlands Road, Scarborough, YO12 6QL  
Tel: 01723 368111

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## **What is it?**

A “trial without catheter”, or “TWOC”, is a removal of the catheter from your bladder for a trial period, under the supervision of a urology nurse. This is to determine whether you are able to pass urine independently. The nurse will fully explain the procedure on the day and answer any questions that you may have.

Please bring an up-to-date medications list with you.

It is important that you are not constipated as this may interfere with your ability to pass urine. If you feel you are constipated, please speak with your G.P and try to get this treated prior to your appointment.

The nurse will deflate the balloon that holds the catheter in place, then remove the catheter. This may feel a little strange, but it should not hurt and should only take a few seconds.

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

You will be asked to sit in the ward and be provided with cold water and hot drinks to fill up your bladder. Most people need to drink between 1 to 2 litres of fluid over several hours before they feel the need to pass urine. Please make sure you have been drinking fluids prior to your appointment, because if you arrive and are feeling dehydrated, it may take you longer to fill and empty your bladder.

Once you feel ready to pass urine you will be asked to try to empty your bladder in a private toilet into a urinal bottle or bed pan, which the nurse will take away to be measured. You will be asked to fill up and empty your bladder a second, and possibly a third time before you have an ultrasound scan of your bladder. This scan will be performed by the nurse and it is to assess whether the bladder is empty.

## **How long will I have to remain in the hospital?**

You should expect to remain in the hospital for up to four hours while you are being monitored. Some patients can be in longer depending on how long it takes for them to pass urine.

## **What symptoms can I expect after the removal of the catheter?**

You may notice a small amount of blood in your urine. The nurse will monitor this and if they are concerned will speak to the medical team.

You may initially experience some stinging on passing urine. This is normal and should stop within 48 hours.

You may initially experience some urgency and increased frequency in passing urine. Again, this should settle down within 48 hours.

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

Don't worry if you cannot pass urine straight away as it can often take some time for your bladder to behave normally after a catheter has been removed.

If you are unable to pass urine you may be offered to learn how to intermittently self-catheterise (ISC) instead of having the catheter put back in. This involves being taught how to pass a pre lubricated, sterile, thin catheter into your bladder to drain the urine that you do not manage to pass naturally. The nurse will provide help and support with this and give you the opportunity to try this yourself to make sure you feel confident before you go home. They will ensure you have supplies of this type of catheter to go home with and tell you how to obtain more. There is also telephone support available.

If the medical decision is to put a permanent catheter back in, then once this is done, the nurse will inform you what the next step will be. This might be another TWOC in the future, or a follow up appointment with one of the specialist nurses to discuss your situation further. The nurse will ensure you have support from the district nurse when you go home with the catheter. If you don't have one already, you will be given a Catheter Passport with your details and information about catheter care. Please bring this with you to every hospital appointment or admission and ask the nursing staff to update it accordingly.

## **When should I contact my doctor?**

If your catheter has been removed and you feel you are starting to have difficulties passing urine again or cannot pass urine, contact your GP or ring 111 for advice.

Contact your GP if you start to pass large amounts of fresh blood or it is painful passing urine and you feel unwell with a fever. You may have a urine infection and need treatment for this.

You will need a follow-up appointment with the urology specialist nurse whether your TWOC has been successful or not. They will take a brief history and might examine you. If you are comfortable and not having any difficulties passing urine, you will likely be discharged. If you are having some ongoing difficulties passing urine, they may start you on some medication or do further tests.

If, unfortunately your TWOC has not been successful, they may discuss whether further tests are required or if you need surgery. The specialist nurse will go through all the surgical options with you in detail and will add you to a waiting list if they feel it is appropriate. Please note that you will not be able to have another TWOC at this clinic appointment with the nurse.

Finally, some patients may receive this leaflet because they have been asked to come to the TWOC clinic to have their supra pubic or urethral catheter changed, or to be taught intermittent self-catheterisation.

## **Tell us what you think of this leaflet**

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact:

Urology Nurse Specialists,  
Clinical Nurse Specialists Office,  
3<sup>rd</sup> Floor Admin Block, York Hospital, Wigginton Road,  
York, YO31 8HE or telephone 01904 726978.

## **Teaching, training and research**

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

## **Patient Advice and Liaison Service (PALS)**

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email [pals@york.nhs.uk](mailto:pals@york.nhs.uk).

An answer phone is available out of hours.

# Leaflets in alternative languages or formats

Please telephone or email if you require this information in a different language or format, for example Braille, large print or audio.

如果你要求本資 不同的 或 式提供，電  
或發電

Jeżeli niniejsze informacje potrzebne są w innym języku lub formacie, należy zadzwonić lub wysłać wiadomość e-mail

Bu bilgileri değişik bir lisanda ya da formatta istiyorsanız lütfen telefon ediniz ya da e-posta gönderiniz

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