

Having your catheter removed: an inpatient trial without catheter (TWOC)

While in hospital, you have had a catheter (the thin, flexible tube used to drain urine from your bladder) inserted. Your doctor now wants the catheter to be removed. The removal of your catheter is called a trial without catheter or TWOC.

This information sheet has been given to you to help answer some of the questions you may have about TWOC. If you have any further questions, please speak to a doctor or nurse caring for you.

What happens before the catheter is removed?

Before the nurse removes your catheter, she/he will ask you if you have recently opened your bowels. If you are constipated, it may mean that you have trouble passing urine easily. Sometimes a bowel full of faeces (poo) may push onto the bladder and make it difficult for the urine to come out. If you are constipated, the nurse will give you some medicine to get your bowels moving before the catheter is removed. This is usually a suppository (a tablet which you insert into your back passage).

The nurse may test your urine for an infection using a special stick with reactors on it. If you have an infection, the nurse may give you some antibiotics to take. Please make sure that you complete the whole course of antibiotics so that the infection is properly treated. Having an infection should not affect the removal of the catheter.

When is the catheter removed?

Once the nurse has explained what will happen during the TWOC and you are happy to go ahead, the nurse will remove your catheter. This may feel a little strange, but it should not hurt. It will take about five seconds.

What happens after my catheter has been removed?

You will need to drink regularly – one glass of water/cup of tea or coffee every hour, or one and a half litres in 24 hours. Don't drink too much too quickly or gulp your drinks, or you will lower the chance of being able to pass urine.

You will need to pass urine into a jug/bedpan and let your nurse know when you have done so, so that she/he can measure it.

You can go for a drink away from the ward if you wish, but you will need to come back if you feel the need to pass urine. The nurse will need to measure the urine you have passed and record it on a special chart at the bottom of your bed. The nurse may want to scan your bladder to see if you have any urine left in it (residual urine) after you have passed urine.

Is there anything I need to look out for?

Please tell your nurse if you:

- go to the toilet a lot/frequently (this is called 'frequency')
- pass small amounts of urine each time you go to the toilet
- have lower tummy (abdominal) pain
- have difficulty starting the flow of urine (this is called 'hesitancy')
- feel like you have a full bladder and are unable to empty it properly
- feel pain when passing urine (dysuria).

These could be the signs of urinary retention (not being able to pass urine).

You should also tell your nurse if you:

- have not passed any urine for six hours after your catheter has been removed
- are getting uncomfortable because of this and feeling pain in your tummy
- feel as though you want to go to the toilet but cannot.

The nurse may need to scan your bladder and place another catheter into your bladder. If this does happen, try not to worry. Sometimes people cannot pass urine – the doctor or nurse looking after you will explain why it might be a problem for you at this time.

The doctor will see you and decide if you need to go home with a catheter in for a week or so to rest your bladder, or whether to take it out the next day so that you can try again.

What happens after I go home?

Once you are at home, you should drink six to eight cups of fluid a day. You should continue to look out for the signs of urinary retention (listed above). If you notice any of these signs, please call the specialist nurse for your area (telephone numbers are given on page 3). If it is out of office hours, contact your GP or go to your nearest A&E department.

If you are sent home with the catheter in, you will be given an appointment to come back to the hospital so that your catheter can be removed. This may be an outpatient visit, where you can come into hospital and go home the same day or you may need to stay overnight.

Alternatively, you could be asked to attend a clinic in your department to discuss what other options may be available to you. These vary from person to person, but we will be able to give you more information at your appointment.

Contact us

If you have left hospital and have any questions or concerns, please contact the specialist nurse from the ward you were discharged from (Monday to Friday, 9am to 5pm):

Urology.....	Elaine Hazell	t: 020 7188 6783
Elderly care department.....	Florence Ilegbusi	t: 020 7188 2083
Gynaecology.....	Ellie Stewart	t: 020 7188 3671

Out of hours, please contact the ward where you stayed.

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.guysandstthomas.nhs.uk/leaflets

Pharmacy Medicines Helpline

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline.

t: 020 7188 8748 9am to 5pm, Monday to Friday

Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

t: 020 7188 8801 (PALS) **e:** pals@gstt.nhs.uk

t: 020 7188 3514 (complaints) **e:** complaints2@gstt.nhs.uk

Language and accessible support services

If you need an interpreter or information about your care in a different language or format, please get in touch:

t: 020 7188 8815 **e:** languagesupport@gstt.nhs.uk

NHS 111

Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day. **t:** 111

NHS Choices

Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health. **w:** www.nhs.uk

Get involved and have your say: become a member of the Trust

Members of Guy's and St Thomas' NHS Foundation Trust contribute to the organisation on a voluntary basis. We count on them for feedback, local knowledge and support. Membership is free and it is up to you how much you get involved. To find out more, and to become a member:

t: 0800 731 0319 **e:** members@gstt.nhs.uk **w:** www.guysandstthomas.nhs.uk/membership

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