

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

As you were not able to empty your bladder after your catheter (the thin, flexible tube used to drain urine from your bladder) was removed, you had another one inserted. You should have been given an appointment to come back to hospital. This leaflet tells you what to expect during this appointment. If you have any questions or concerns, please speak to a nurse or doctor caring for you, or to the specialist nurse – contact details are given at the end of this leaflet.

What is my appointment for?

The appointment is for you to have your catheter removed. The removal of your catheter is called a trial without catheter (TWOC). The appointment is also an opportunity for us to monitor you closely to make sure that you can pass urine without any problems.

Where do I need to go?

On the day of your appointment, you need to go to one of the following areas:

Urology Centre

First Floor, Southwark Wing
Guy's Hospital, Great Maze Pond
London SE1 9RT
t: 020 7188 2443

Older Persons Assessment Unit

Ground Floor, Bermondsey Wing
Guy's Hospital, Great Maze Pond
London SE1 9RT
t: 020 7188 2093

Gynaecology Ward

Eighth Floor, North Wing
St Thomas' Hospital, Westminster Bridge Road
London SE1 7EH
t: 020 7188 2697

If you are not sure where to go, please call the nurse for your area (see page 3). Your appointment letter will tell you what time you need to arrive.

Do I need to bring anything with me?

Please bring all of your medications, including prescription medicines, medicines you have bought or alternative medicines, such as herbal remedies, with you.

Once the catheter is removed, you will need to stay at the hospital for a few hours, while we monitor you. You might like to bring a book or magazine to help pass the time.

What should I do when I arrive?

When you arrive at the location ticked on page 1, please report to the reception. A nurse will see you and explain what will happen. He/she will be able to answer any questions that you may have about your appointment.

The nurse will test your urine for an infection using a special stick with reactors on it. If you have an infection, the nurse may give you a small injection of antibiotics or an antibiotic tablet 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 in a jug each time – please 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/clinic 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. He/she will also need to scan your bladder to see if you have any urine left in it ('residual 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).

When can I go home?

This will depend on how much urine you are passing and how much urine you have left in your bladder. The nurse will check on your progress and decide when you can go home. You should expect to be at the hospital for several hours.

Please tell the 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 will scan your bladder and may insert a catheter back into your bladder. You will be able to go home with the catheter in. You will be given another appointment to come back and have it removed, or 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.

Is there anything I need to look out for at 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 on page 2). If you notice any of these signs, please call the specialist nurse for your area. The numbers are given below.

If it is out of office hours, contact your GP or go to your nearest A&E department.

Appointments at King's

We have teamed up with King's College Hospital in a partnership known as King's Health Partners Academic Health Sciences Centre. We are working together to give our patients the best possible care, so you might find we invite you for appointments at King's. To make sure everyone you meet always has the most up-to-date information about your health, we may share information about you between the hospitals.

Contact us

If you have left hospital and have any questions or concerns, please contact the specialist nurse for your area (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 department where you were treated.

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

Patient Advice and Liaison Service (PALS)

To make comments or raise concerns about the Trust's services, please contact PALS. Ask a member of staff to direct you to the PALS office or:

t: 020 7188 8801 at St Thomas' **t:** 020 7188 8803 at Guy's **e:** pals@gstt.nhs.uk

Language Support Services

If you need an interpreter or information about your care in a different language or format, please get in touch using the following contact details.

t: 020 7188 8815 **fax:** 020 7188 5953

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

Become a member of your local hospitals, and help shape our future

Membership is free and it is completely up to you how much you get involved. To become a member of our Foundation Trust, you need to be 18 years of age or over, live in Lambeth, Southwark, Lewisham, Wandsworth or Westminster or have been a patient at either hospital in the last five years. To join:

t: 0848 143 4017

e: members@gstt.nhs.uk

w: www.guysandstthomas.nhs.uk