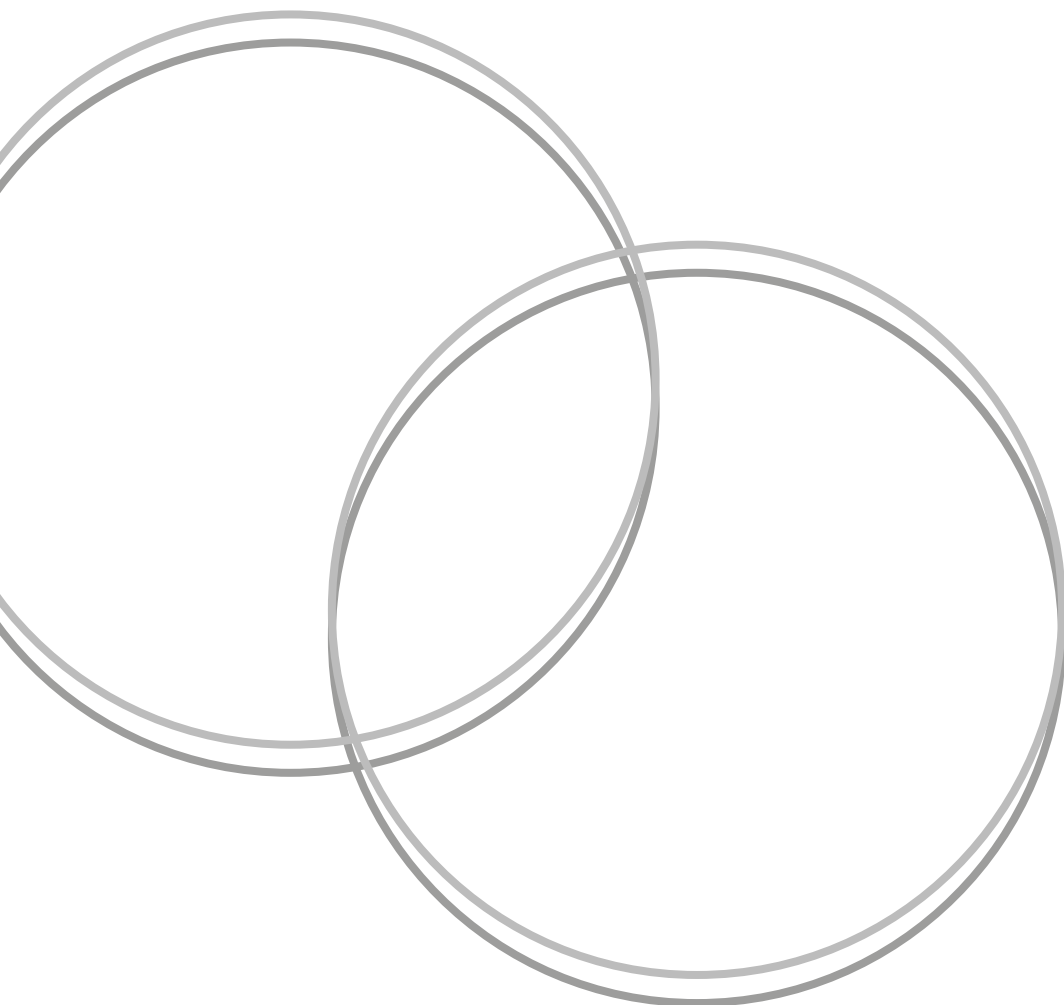




Oxford University Hospitals
NHS Foundation Trust

Trial without catheter (TWOC)

**Information for patients attending
the Urology Department**



What is a trial without catheter?

A trial without catheter (TWOC) is a procedure to remove the catheter tube which drains urine from your bladder, either via your urethra ('waterpipe') – a urethral catheter or your abdomen – a suprapubic catheter.

In preparation for your TWOC you may have been given a catheter valve which allows you to empty the bladder by opening the valve rather than wearing a leg bag.

The TWOC is carried out in the Urology Outpatient Department in Oxford or the Day case Unit at the Horton General Hospital Oxford.

Preparation for the TWOC

In order to have your urethral or suprapubic catheter removed it is very important that you:

- drink plenty of non-alcoholic fluids the evening before and on the morning of your TWOC, so you are well hydrated (your urine should look pale yellow in colour)
- have no signs or symptoms of a urinary tract infection
- have no blood in your urine.

You will usually get a telephone call from the urology nurse the day before your TWOC to check that you are well.

We need to ask for your consent – or permission – before we carry out the TWOC. The nurse will explain the risks and benefits before they ask for your consent. Remember that it is your choice whether you give your consent or not. If you have any doubts or would like more information before you make a decision, please ask us for more information. We will do everything we can to help you.

How will the catheter be removed?

The catheter is held in place in your bladder by a small balloon. This was filled with sterile water at the time the catheter was inserted or changed. The nurse will deflate the balloon through the port at the end of the catheter, using a small syringe. This will allow the catheter to be gently removed.

If you have a suprapubic catheter this will not be removed straight away. It will be clamped and you will be assessed to ensure you can pass urine normally before it is removed. You may be asked to clamp the suprapubic catheter before you come into hospital. You will be contacted with instructions if you need to do this.

What will happen after the catheter has been removed?

After the catheter has been removed you will be encouraged to start drinking slowly. If you drink too much, too quickly, you are more likely to fail your TWOC. One cup of water every 30 to 45 minutes is a general guide.

You will either remain in the department so we can check that you are able to pass urine satisfactorily or you will be discharged with instructions on what to do if you are unable to pass urine. This will be discussed with you at the time of your appointment.

What happens if I remain in the department?

If you remain in the department you should expect to be in the department for 3-4 hours. You will be shown where the toilets are and will be asked to pass urine into a disposable urinal or bedpan, so that we can measure how much you pass. You will then have a bladder scan to see how well your bladder is emptying. It is normal to retain a small amount of urine.

It is important that this scan is done as soon as possible after you have emptied your bladder, so that we can record an accurate residual volume (the level of remaining urine in your bladder). This process will usually be repeated once or twice more, depending on the result of the bladder scan.

If you pass good volumes of urine and have acceptable residual volume on the bladder scan, then you will be discharged. If you have a suprapubic catheter then this will be removed at this point and you will be discharged.

If you pass urine but your residual volumes on the bladder scan are too high, or if you are unable to pass urine very well, then you may be re-catheterised or it may be arranged for you to learn Intermittent Self Catheterisation (ISC). You may then be offered another appointment for a further TWOC in 1 to 2 weeks' time, depending on your individual circumstances.

What happens if I am discharged from the department?

If you are discharged you will be given instructions on what to do if you cannot pass urine and when to call the Urology Triage department.

Signs to look out for after your TWOC

Once you are home you should make sure you drink plenty of fluids. This will help to keep your bladder flushed through and will make sure you are well hydrated.

You should look out for:

Signs and symptoms of an infection, such as:

- a high temperature
- feeling generally unwell
- needing to pass urine frequently
- leaking urine
- burning sensation when passing urine
- blood in your urine
- cloudy, discoloured or smelly urine
- lower back or abdominal pain.

Signs of urinary retention, such as:

- difficulty starting to pass urine
- lower abdominal discomfort/pain
- pain when passing urine
- feeling that you have a full bladder but are unable to empty it fully.

If you notice any of these signs or symptoms, contact your GP or emergency out of hours service. You may need to have the catheter reinserted.

How to contact us

Wytham Urology Outpatient Department

Churchill Hospital
Old Road
Headington
OX3 7LE

Tel: **01865 234 444** or
01865 741 841

Monday to Friday, 9am-5pm

Urology Triage

Tel: **01865 227205**

Monday to Friday, 5pm-8pm
Saturday and Sunday 8am-8pm

**Alternative contact details for discharging
department:**

Where can I get further information?

Bladder and Bowel Foundation

Tel: **01926 357 220**

Email: **help@bladderandbowelfoundation.org**

Website: **www.bladderandbowelfoundation.org**

The British Association of Urological Surgeons (BAUS)

Website: **www.baus.org.uk**

Further Information

Please speak to the department where you are being seen if you would like an interpreter. You will find their contact details on your appointment letter. Please also ask them if you would like this information leaflet in another format, such as:

- easy read
- large print
- braille
- audio
- electronically
- in another language.

We have tried to make this information meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They will be happy to help.

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Oxford University Hospitals NHS Foundation Trust

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