

## **Trial Without Catheter (TWOC) for gynaecology patients**

<b>Appointment</b>	<b>Date</b>	<b>Time</b>
Attend:		

### **What is trial without catheter?**

The trial is for us to remove the catheter you have inserted now, and assess your ability to pass urine/empty your bladder properly.

### **What happens once the catheter is removed?**

Once the catheter has been removed you will be asked to drink plenty of fluids approximately a glass every 30-45 minutes. We will ask you to stay around the Unit so that you can be monitored. Once you have passed urine, we will measure the amount passed, and perform a bladder scan to assess the amount still in your bladder.

We may only have to do this process once, or may have to repeat it several times depending on how you are managing. The scan may be performed earlier if you are in any discomfort or you have not voided any urine for 4-6 hrs. Your urine will also be tested for infection.

### **How long will I have to stay in hospital?**

Most women stay for about 3-4 hours to make sure you are passing urine properly but a small number may need to stay for longer.

Please bring some reading material with you to pass the time and something to eat and drink. We may be able to accommodate someone to be with you, depending on circumstances – please discuss with us.

### **What happens next?**

If you are able to pass urine well and your bladder is emptying sufficiently you will be discharged.

If you are unable to pass urine, a new catheter will be inserted and we will also book another trial without catheter.

If you are able to pass urine but your bladder is not emptying adequately you may be taught how to catheterise yourself as required. The Urogynaecology Nurse Specialist will then monitor your progress.

### **The benefits of a trial without catheter**

The purpose of the trial without catheter is to make sure you are able to pass urine naturally at home with no problem.

### **Alternatives to the trial without catheter**

If you don't feel ready to take part in the trial, you could keep the catheter for longer or learn how to perform self-catheterisation. We would want to talk to you further about any possible risks if you wanted to keep the catheter for longer.

### **Possible risks**

Some patients may not be able to pass urine without the catheter – called urine retention. This may happen on the day of the trial without catheter and you will be re-catheterised, but it may also happen after you have gone home. If this happens to you, please use the contact numbers below, or attend Emergency Department if you have an emergency out of hours.

### **Contact Details:**

- If you had your TWOC at Peterborough, call EGAU 01733 673758
- If you had your TWOC at Hinchingbrooke, call the Urogynae Secretary on 01480 442871