NHS
Royal Cornwall Hospitals
NHS Trust

Trial without catheter (TWOC)



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What is this?

Trial without catheter (TWOC) is the removal of a catheter from your bladder for a trial period. It will determine whether you are able to pass urine independently.

What will happen?

You will need to remove the catheter early in the morning before 8am on the day advised. It may be slightly uncomfortable but is not usually painful.

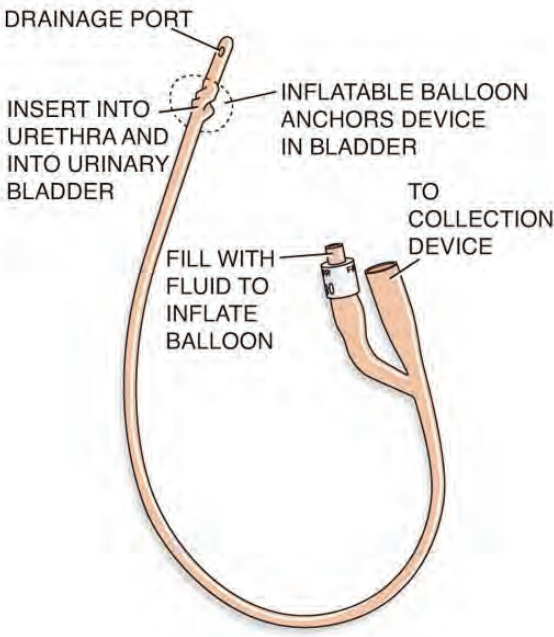


Figure 1 Catheter

How do I remove the catheter?

1. Empty the bag of urine if needed.
2. Wash your hands with soap and warm water. Dry them well.
3. Gather your supplies. This includes a syringe that was given to you by your healthcare provider, a wastebasket and a towel.
4. Put the syringe into the balloon port on the catheter. The syringe fits tightly into the port with a firm push and twist motion.
5. Wait as the water from the balloon empties into the syringe. Depending on how large the balloon is, you may need to repeat this process several times until all of the water is out of the balloon. Usually this is 5-10mls of fluid.
6. Once the balloon is emptied, gently pull out the catheter.
7. Put the used catheter and syringe in the wastebasket.
8. Use the towel to wipe up any spilled water or urine if needed.
9. Wash your hands again.

What happens next?

Following catheter removal, you need to fill your bladder by drinking fluid as normal. For example, have a hot drink as you would usually and then sip at a bottle of water (average 500ml – 1 litre). Don't drink too quickly as it will over stimulate your bladder.

You will naturally feel the need to pass urine. It may be difficult at first and the flow may feel different but this should return after you have passed urine a few times.

If you are unable to pass urine the first time please come off the toilet – walk around and try again 10-15 minutes later.

How long will it take?

You will be given a time to attend the outpatient gynaecology clinic (Princess Alexandra Wing) between 12.30 and 1pm to attend for a bladder scan.

You must attend sooner if your bladder begins to feel uncomfortable and you are unable to pass urine, or if you feel anxious, distressed or have any pain.

When will I know the results?

At the agreed appointment time, a nurse will scan your bladder (usually after 4 hours or after you have passed urine twice).

The nurse will inform you whether or not you have successfully passed the TWOC. This will depend on the outcome of your scan and the volume of urine that you have passed since your catheter was removed.

What if I have passed the TWOC?

If you are able to pass urine well and with no problems, you will be discharged from the clinic.

What if I am unable to pass urine?

If you are unable to pass urine, you may be taught intermittent self-catheterisation (ISC) or a new catheter may need to be inserted.

If self-catheterisation is required, you will be:

- taught how to do ISC
- informed how you would obtain supplies
- referred to a specialist nurse.

If you need re-catheterisation you will be booked to come back to the clinic for another TWOC (usually after one week) and your surgical team will be informed.

What should I look out for when I get home?

Once you are home, aim to drink six to eight cups of fluid a day.

If you have any of the following:

- any lower abdominal pain
- difficulty in starting the flow of urine
- pain when passing urine
- feeling you have a full bladder but being unable to empty it properly

these are signs of urinary retention. Please do not hesitate to contact us using the details overleaf as you may need to have another catheter reinserted.

Within office hours:

Gynae Outpatients Nursing Team 01872 252679

Urogynae Nurse 07824836818

Out of hours:
Please contact Eden Ward or your GP.

Alternatively, in an emergency go to a Minor Injuries Unit, Urgent Care Centre or the Emergency department (ED).

Your appointment details

Date

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TWOC Time

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Bladder Scan Time

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If you would like this leaflet in large print, braille, audio version or in another language, please contact the General Office on 01872 252690

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