

Department of Urology

Patient Information Sheet

Trial Without Catheter ('TWOC')

If you have any queries or need to change your appointment please ring 020 8934 3038

This procedure is done on an outpatient basis however everyone is different and you should allow up to 6 hours for your visit. This is why the appointment time is early in the morning.

You will need to pass urine naturally twice before being allowed home.

You **must** have a catheter valve fitted to your catheter for at least 7 days. If you do not have a valve and the urine drains into a bag please contact us on the above number on receipt of this letter so we can arrange for one to be fitted.

If you have been discharged from hospital after urological surgery there may be a reason you have a bag please ring on above number and check.

The Urodynamics unit is located in the main outpatients on the first floor in the green area.

Please bring a spare pair of underwear and lower body clothing.

You may also want to bring a book/newspaper to pass the time!

What are the intended benefits of this procedure?

To see if you can void normally without a catheter.

What are the alternatives to this procedure?

Leaving the catheter in place.

What are the most frequently occurring or serious risks of this procedure?

Common (greater than 1 in 10)

- Mild burning or bleeding on passing urine for a short period afterwards.

Occasional (between 1 in 10 and 1 in 50)

- Failure to void resulting in recatheterisation or being taught intermittent self catheterisation

Rare (less than 1 in 50)

- Nurse specialist being unable to re insert catheter resulting in the doctor needing to recatheterise you
- Recatheterisation using an introducer
- Recatheterisation using a supra pubic catheter

What sort of anaesthetic is used?

No anaesthetic is needed for removal of catheter so you can eat and drink as normal.

What does the procedure involve?

You will need to loosen or remove your lower half of clothing to allow the nurse access to the catheter. A syringe will be used to withdraw the water from the small balloon that holds the catheter in place. The catheter will then be gently removed.

You will then be asked to wait in the waiting room and drink about 5-6 cups of water. **You may prefer to drink a pint of water an hour before your appointment as this will speed up the time it takes your bladder to fill.**

Once your bladder feels full you will be asked to pass urine on a special toilet, which measures the flow. A quick scan of your bladder will then be done to see if there is any urine left in the bladder.

What happens after the procedure?

The nurse will keep you informed of how well you are passing your urine and will talk through any need for recatheterisation or self-catheterisation.

You will be sent home when the nurse thinks you are ready.

What else should I look out for?

If you develop a fever, increased bleeding or pain on urination you should contact your GP. If you become unable to pass urine at all, you should come to the Accident and Emergency Department here at Kingston Hospital.

Who should I contact for more information?

- **The Specialist Urology Nurses:**

Sue Sill & Chris Backhouse
020 8934 3547

Yvonne Haffenden, Lin Williams & Suzy Waight
Urodynamics - 020 8934 3038

- **The Urology Ward – Alexandra 020 8934 3152**

- If you have a cancer condition and would like further information regarding this, please contact

Olga Champ – 020 8934 2729

- Your Urology Consultant.

This information sheet was produced in August 2010