

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 above). If you notice any of these signs, please contact Gynaecology Outpatients Department, the Royal London Hospital on 02035941585.

Patient Advice and Liaison Service

If you need general information or advice about Trust services, please contact the Patient Advice and Liaison Service (PALS) on 020 3594 2040 or visit www.bartshealth.nhs.uk/pals. Alternatively please contact staff who are providing your care if you require clinical advice.

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Patient information

Having your catheter removed: an outpatient trial without catheter



Introduction

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 for removal of the catheter. This leaflet tells you what to expect during this appointment.

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.

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?

Please report to the reception once you have arrived. A nurse will see you and explain what will happen. She will be able to answer any questions that you may have about your appointment.

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 – the nurse will advise on the number of glasses to take 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 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. 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.