

# Trial without catheter (TWOC)

Information and advice for patients

## *Urology*

### **What is a Trial Without Catheter (TWOC)?**

A trial without catheter (TWOC) is when a catheter (the tube inserted into your bladder to drain urine) is removed from the bladder for a trial period to determine whether you are able to pass urine spontaneously. You will also have an ultrasound scan of your bladder as part of the trial.

### **What are the benefits of a TWOC?**

The benefit of the test is that it will enable us to assess your bladder to ensure you are emptying it effectively. The bladder scan will tell us the volume of urine in your bladder which allows us to assess how well you are emptying it.

### **What are the risks of a TWOC?**

- During the trial period you may be unable to empty your bladder which may require quick re-catheterisation.
- There is a risk of developing a urinary tract infection. We will assess your risk of this and take appropriate action to reduce the risk or treat it.

### **What are the risks of declining a TWOC?**

If you decide to decline a TWOC your urology team will not be able to assess whether you are able to pass urine spontaneously which may mean you require long-term catheterisation. It may also result in your bladder function and capacity being reduced.

### **Are there any alternatives?**

There are no alternative tests that can assess your ability to pass urine and empty your bladder without a catheter.

### **Preparing for a TWOC**

You do not need any special preparation for a trial without catheter.

### **What to expect**

Your TWOC will involve 2 visits to the clinic, 4 hours apart. The first visit will take 15 minutes and the second visit may take up to 30 minutes.

- You will be asked to lie down on the couch and one of the Urology team will remove your catheter.
- Once your catheter has been removed you can leave the clinic and will then need to come back approximately 4 hours later. During this 4 hour period you can leave the hospital if you wish. If you have transport or mobility problems you can remain in the waiting area.

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- You will be encouraged to fill your bladder safely by drinking a glass of liquid (preferably water) once per hour for the next 4 hours.
- When you feel the need to pass urine you should use the toilet.
- When you come back to the clinic we will ask you to lie on the couch and will then perform a scan of your bladder. A bladder scan is an ultrasound scan of the bladder. It involves some jelly being applied to your skin and a probe being passed over it to produce a picture of your bladder on a screen.

## After the TWOC

At the end of the trial we will discuss the results with you. If you are passing urine normally then you will be sent home without a catheter. If you are having problems emptying your bladder we may re-catheterise you and discuss further management or with your consent teach you to self-catheterise. You will be given further information about any aftercare and follow-up you may need, depending upon the outcome of your TWOC.

## Contact details

If you have any questions about your TWOC please contact the:

**Urology Surgical Care Practitioner**  
0121 507 6813

For more information about our hospitals and services please see:

**Sandwell and West Birmingham Hospitals NHS Trust**  
[www.swbh.nhs.uk](http://www.swbh.nhs.uk)

## Sources used for the information in this leaflet

British Association of Urological Surgeons (BAUS): 'Trial without catheter' patient information, June 2010

If you would like to suggest any amendments or improvements to this leaflet please contact the communications department on 0121 507 5303 or email: [swb-tr.swbh-gm-patient-information@nhs.net](mailto:swb-tr.swbh-gm-patient-information@nhs.net)



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