

Trial without catheter (TWOC)

Information and advice for patients

Sandwell Community Continence Service

What is a Trial Without Catheter (TWOC)?

A Trial Without Catheter (TWOC) is when the catheter (the tube inserted into your bladder to drain urine) is removed from your bladder for a trial period to determine whether you can pass urine without it. You will also have a scan of your bladder as part of the trial.

The TWOC will take place in your own home and will be monitored by a District Nurse.

What is the benefit of a TWOC?

The benefit of a TWOC is that it can show whether you can empty your bladder without a catheter. The benefit of a bladder scan is that it will show if there is any urine left your bladder after you have passed urine.

What are the risks of a TWOC?

The risk of a TWOC is that you will need to have another catheter put in if you are unable to empty your bladder spontaneously. There is also a small risk of developing a urinary tract infection but all possible steps are taken to reduce this risk.

What are the risks of declining a TWOC?

If you decide to decline a TWOC we will not be able to see how well you are able to pass urine without a catheter so you will need long-term catheterisation.

Are there any alternatives?

There are no alternative tests that can assess how well you are able to empty your bladder without a catheter.

Preparing for a TWOC

To prepare for your TWOC please make sure that you have a measuring jug and access to a telephone on the day of the trial. You will need to stay at home for the duration of the trial so that the District Nurse can contact/visit you to assess your progress.

What to expect

1. The District Nurse will visit you early in the morning on the day of your TWOC to remove your catheter.
2. You will be given a fluid chart to fill in for the day and will need to measure all urine that you pass using a measuring jug, and record the amount on the chart.
3. Please drink plenty of fluids during the day, but no more than 4 mugs or 6 cups (no more than 1 litre) in 6 hours, and write this down on your fluid chart.

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4. The District Nurse will contact you by phone 3-4 hours after the catheter was removed. She will ask if you have passed urine, how much you have had to drink and if you have any discomfort.
5. He/she will then visit you 6 hours after your catheter was removed to review your fluid chart and perform a bladder scan. For this the nurse will ask you to lie down and will then pass a probe over your lower abdomen (tummy) to produce an image of your bladder on a screen. This does not hurt.
6. Depending on the results you may require a further visit later in the evening and/or the following morning.

You will be given a number to contact if you have any queries or problems during the trial.

After the TWOC

At the end of the trial if you are passing urine normally you will not need another catheter. If you are unable to pass urine you will have another catheter put in and we will discuss further management with you. If the nurse is unable to put the catheter in, you will be sent to hospital to have this done.

Contact details

If you have any questions or concerns you can contact the District Nurse by leaving a message on the District Nurse Message Taking Service:

0121 507 2664

For more information about our hospitals and services please see our website:

Sandwell and West Birmingham Hospitals NHS Trust

www.swbh.nhs.uk

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Sources used for the information in this leaflet

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- Nursing Times, 'Catheter-associated urinary tract infections: Primary Care Guidelines', January 2004
- National Institute for Health and Clinical Excellence, CG2 'Infection Control: Prevention of Healthcare Associated Infection in Primary and Community Care', June 2003
- Pratt et al 'Guidelines for preventing infections associated with the use of short-term indwelling urethral catheters in acute care', 2001

If you would like to suggest any amendments or improvements to this leaflet please contact the communications department on 0121 507 5495 or email: swb-tr.swbh-gm-patient-information@nhs.net



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