Specialist Continence Advisory Service

Local Partnerships

Patient Information Leaflet Number 19

Trial without catheter at home (TWOC)

Information about your TWOC
Preparing for your trial without catheter (TWOC)

Make sure that you are not constipated leading up to your TWOC date. If you are experiencing abdominal bloating, straining and hard stools, your TWOC date may be rearranged whilst you treat your constipation.

If you have a urine infection or are symptomatic of a urine infection your TWOC will be postponed until this has been treated. You may have been fitted with a catheter valve to retrain your bladder if not contraindicated and should use this during the day to fill and empty your bladder until the TWOC.

On the day of your TWOC

Your catheter will be removed by the district nursing team at home. This will normally take place early morning. You may not have much control over your bladder for the first 24-48 hrs as the bladder needs to readjust itself once the catheter has been removed.

Measuring your fluid input and output

You will be asked by the nurse to measure your fluid input and urine output following catheter removal. This is important to see whether you are able to empty your bladder once the catheter is removed. (see chart overleaf)

- You need to drink 2-3 glasses of water an hour for the first 5 hours.
- Use a plastic jug to measure your urine output . Keep it in the toilet so it is handy.
- Write down your input and output on the chart. (see overleaf).
- Your nurse will contact you by phone mid afternoon to check your progress.
• If you have not passed any urine or are in pain you will need to have a bladder scan that afternoon

• You will have a visit the following day for a review and bladder scan

Once your catheter is removed you may experience the following:

• A need to go to the toilet quickly and pass urine frequently.
• A stinging sensation when you pass water this will normally subside after the first few times of passing your urine.
• A small amount of blood in your urine.
• Dribbling of urine.

You may need to buy some small continence pads to get over this initial period as some dribbling of urine may occur. If this continues to be a problem then you can contact your district nursing team for a continence assessment.

All these symptoms should subside after 24-48 hours. If you experience problems passing urine after this time you will need to contact your GP for advice.

You can contact your district nurse if you have any concerns on:

Daytime telephone no.................................................................

Out of hours telephone no...........................................................

BLADDER SCAN RESULT -
Once your catheter has been removed

Please record on the chart below how much you drink and how much urine you pass

<table>
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<tr>
<th>Time/date</th>
<th>Fluid intake (amount)</th>
<th>Urine passed (amount)</th>
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Notes
Further Information
Further useful information can be accessed on the NHS website:
www.nhs.uk

Patient Experience Team contact details:
Phone: 0115 993 4542
Email: complaints@nottshc.nhs.uk
Write to: Patient Experience Team, Moorgreen House, Highbury Hospital,
Highbury Vale, Bulwell, Nottingham NG6 9DR

You may also find our other Specialist Continence leaflet series useful.
You can view or download them from the Trust’s website at:
www.nottinghamshirehealthcare.nhs.uk/continence-advisory-service

Specialist Continence Advisory Service/Community Nurse
Contact Details: