

Having your Catheter Removed Information for Gynaecology Patients

Trial without catheter (TWOC)

You have been discharged from hospital with a catheter and have been asked to attend to have it removed. This procedure is called a trial without catheter (TWOC).

You will be given a catheter passport where you will find details of how to care for your catheter and emergency contact details, in case of concern. The following items, leg bags, night bags and flip flow valves may also be provided. The nurse will ensure you are able to care for your catheter prior to discharge

Appointments are allocated following a referral from those involved in your care. You will either attend Gynaecology Outpatients (GOPD) or Cley Ward at the Norfolk and Norwich University Hospital.

If you have any queries about your appointment, please call Gynaecology Outpatients on 01603 287766 or Cley Ward on 01603 287242.

The TWOC

Your catheter will be removed slowly which will take a few seconds. You will be asked to drink moderately (not in excess of 2 glasses per hour). This will be recorded on a fluid balance chart.

We will monitor volumes of urine passed, sensation and comfort. Once the catheter is removed and you are clinically well, there is the option to go home. You will be asked to record your fluid input and urinary output, returning at a scheduled time for a bladder scan. The option to stay within the hospital is also available.

A urine sample will be tested to check for infection. Your bladder will be scanned to check how much residual urine remains in your bladder.

Successful TWOC

If you are passing urine satisfactorily, you will be allowed home and follow up will be discussed.

If the TWOC is unsuccessful

If you are unable to pass urine satisfactorily, you may have another catheter put in your bladder, either with a leg bag or a Flip-Flo valve. **A date for a further TWOC will be given.**

Some patients may be suitable for self-catheterisation which the nurse will teach you and ensure you are confident before you go home. You will receive some catheters to take home and arrangements will be made for further supplies, if necessary.

If you have any concerns about the above, please telephone Gynaecology Outpatients on 01603 287766 (Monday to Friday 8am to 6pm) or out-of-hours Cley Ward on 01603 287242.

