

Trial Without Catheter



Patient Information

Preparing for your appointment at the Continence Clinic

Following your discharge from hospital, we have enclosed an appointment to attend the Continence Clinic at Central Health Clinic in Salisbury. This appointment will be for a **Trial Without Catheter (TWOC)**. A TWOC is when the catheter that was inserted into your bladder to drain urine away is removed to determine whether your bladder can drain urine without it. Please ensure you keep yourself well hydrated and that you have had your bowels open prior to your appointment.



On the day of your appointment

If you have been asked by the hospital staff to remove your own catheter on the morning of your appointment, then please do so at 7am. Please measure any urine you pass following removal of your catheter, as we will ask you about these measurements at your clinic appointment. When you arrive at Central Health Clinic check in at reception and take a seat in the waiting room. The Continence Nurse will call you through to the clinic room. If you have a catheter, it will be removed by the nurse. You will be given instructions about how much fluid to drink and how we would like you to measure any urine that you pass. As part of your assessment, we will perform ultrasound scans of your bladder to see if there is any urine left after you pass urine.

Having an ultrasound scan of your bladder

You will be asked to lie down on a couch. You do not have to get undressed, but the nurse will need to be able to see your tummy. Some lubricating gel will then be put onto your tummy. This might feel a bit cold. The lubricating gel allows the special microphone (which is called an ultrasound probe) to have good contact with your skin. The probe is usually connected by a wire to an ultrasound machine. Pulses of ultrasound are sent from the probe through the skin to the part of the bladder which is being looked at. You will not feel this. The probe will be moved gently over the surface of your tummy until the nurse gets a good picture of your bladder on the monitor or screen.

Please plan to be available for the day so we can monitor your urine output and scan your bladder approximately 2-3 times over a 6-hour period. You do not need to stay in

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<p>Date of last review: 09/05/2022 Last accessed on 29/09/2022 at 5:03 PM</p>	<p>Document Ref: 301283</p>

the clinic for the 6 hours, but we will require you to come into clinic to perform the ultrasound scans.

As there are no public refreshment facilities in the Central Health Clinic, you may wish to bring a snack and drink with you.

After your TWOC

We will ensure you have our contact details in case you need any further help or advice following your appointment. You will also be given advice on what to expect following removal of your catheter when you go home and when to contact the GP or the nurse if you have any concerns. We may need to offer you a follow up appointment the day after your TWOC, if we feel we need to monitor your bladder function more closely.

Following your TWOC you may be offered a telephone follow up appointment for 3 months' time to give you further general advice on bladder management and pelvic floor exercises. If you do not want this appointment, please inform the nurse.

Contact details:

Wiltshire Continence Service Central Health Clinic Avon Approach Castle Street Salisbury SP1 3SL Telephone: 01722 323196	Wiltshire Continence Service Trowbridge Community Hospital Adcroft Street Trowbridge BA14 8PH Telephone: 01225 711323
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Safeguarding

Wiltshire Health and Care (WHC) are committed to safeguarding and promoting the welfare of children, young people and adults at risk of abuse, including victims and survivors of domestic abuse. We expect all WHC staff to share this commitment and promote safeguarding by implementing WHC policies and procedures, act promptly on concerns and share information appropriately.

If you or your carer have any concerns regarding a child or adult's safety, please phone Wiltshire Safeguarding Team on 0300 456 0111 (Adult) or 0300 456 0108 (Child) (9am – 5pm Monday - Friday) or please call 999 if you feel they are in immediate danger.

Patient Advice and Liaison Service (PALS)

If you have any questions, or concerns, suggestions or compliments about our service, please speak to a member of staff.

This information sheet is available in other languages and formats. If you would like a copy, please contact us on 0300 123 7797 and whc.pals@nhs.net

Patient and Public Involvement

We value your opinions which will help us to further develop our services.

If you wish to provide feedback or get involved in our patient participation groups, please email the Patient and Public Involvement Officer at

ask.wiltshirehealthandcare@nhs.net or telephone 01249 454386.