

# Trial without catheter (TWOC)



## Information for patients

Spinal Injuries - Urology

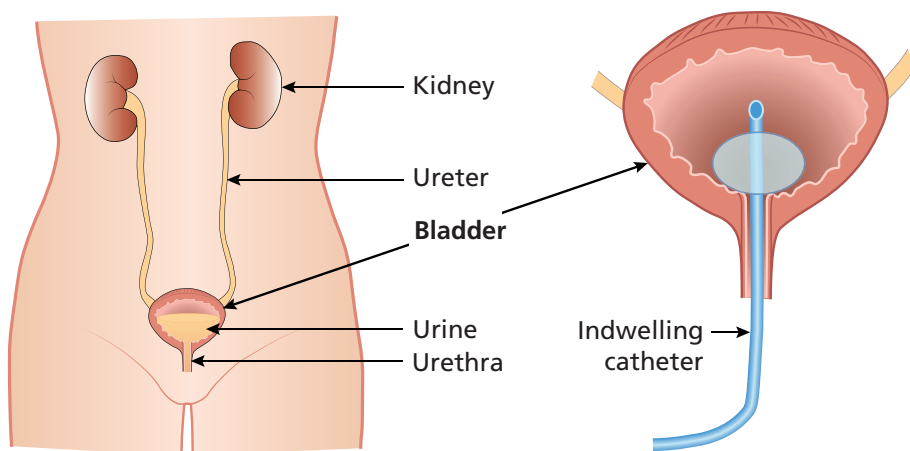


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## What is a trial without catheter (TWOC)?



**Diagram showing the bladder with a catheter**

In a trial without catheter (TWOC), the catheter (the tube inserted into your bladder to drain urine) is removed from your bladder for a trial period. This is find out whether you can pass urine without it.

The majority of people with a spinal cord injury will not be able to pass urine in the same way as they did previously.

The staff nurse or urology nurse will perform a bladder scan once you have passed urine to check if there is any significant urine left in the bladder. We suggest anything higher than 100mls on a regular basis is too much. This can be discussed with you on a one to one basis with a member of the urology team.

## **Preparing for a TWOC**

To prepare for your TWOC, a sample of urine will be taken several days before the removal of your catheter. The urine will be tested to check for germs or bacteria which will allow us to prescribe the most appropriate antibiotics. This may be a one off injection of gentamycin or alternatively some oral antibiotics. The first dose of oral antibiotics will be given the evening before the TWOC is planned. If you attend as an outpatient, oral antibiotics may be given on the day.

The catheter should be removed early in the morning to allow assessment of your bladder emptying throughout the day.

It is important to maintain a fluid chart when your catheter is removed.

## **What is clean intermittent self-catheterisation?**

This is a technique whereby a disposable catheter is inserted into the urethra (water pipe).

It is important that you read the patient information leaflet regarding intermittent self-catheterisation.

## **Will I be incontinent (wet) when my catheter is removed?**

There are treatment options available to prevent this. Please read the information leaflet on botulinum toxin injections and intermittent self-catheterisation. The urology team will discuss this with you on an individual basis.

## Who should I contact if I have any concerns?

Do contact us if you have any concerns related to your TWOC. If you are an inpatient on the ward you can first discuss this with the ward staff and if you require input from the Urology Nurse Specialists our details are:

Sister Marie Watson, Sister Paula Muter and Sister Carol Eggington

- 0114 226 6823 - Bleep 2882
- 0114 271 5624
- 0114 243 4343 - Bleep 2494



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