



Patient Information Leaflet: Trial Without Catheter (TWOC)

What is a Trial Without Catheter?

A **Trial Without Catheter (TWOC)** is a planned attempt to pass urine naturally after having had a **urinary catheter** in place. It allows us to assess whether your bladder is now able to empty on its own, without support.

This is commonly offered after treatment for **urinary retention**, following surgery, or after a period of catheter use due to infection, obstruction or bladder dysfunction.

Why Am I Having a TWOC?

Your consultant may recommend a TWOC if:

- You had a catheter inserted for difficulty emptying your bladder (retention)
- You've completed treatment for an underlying cause (e.g. prostate enlargement, infection)
- You've had bladder surgery or an anaesthetic that affected bladder function
- We need to assess your bladder before further treatment or discharge

A successful TWOC means you no longer need a catheter. If it's unsuccessful, further treatment can be planned.

What Happens on the Day?

- You will attend the clinic with your catheter in place
 - A nurse will **remove the catheter** and give you time to drink fluids
 - You will be monitored to see if you are able to pass urine naturally
 - After urinating, a **bladder scan** is done to check how much urine remains
 - This tells us whether your bladder is emptying properly
 - The process usually takes **2–4 hours**
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What Should I Bring?

- A list of your current medications
 - Something to drink and read — you may be with us for a few hours
 - A change of underwear or pads if you are worried about leakage
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Will It Hurt?

The removal of the catheter may feel a little uncomfortable but is not usually painful. You may feel some urgency, burning or sensitivity the first few times you pass urine — this usually settles within 24–48 hours.

What If I Can't Pass Urine?

If you are unable to pass urine within a few hours or your bladder does not empty completely, you may need to have the catheter reinserted. Don't worry — this does not mean failure. It simply means your bladder needs more time or further treatment.

Your consultant will discuss the next steps with you.

What to Expect After a Successful TWOC

- You may pass urine more frequently than usual for a few days
 - It may sting slightly — drinking plenty of water can help
 - Keep a note of how often you urinate and whether your bladder feels empty
 - If you have any concerns about flow, urgency or leakage, let us know
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When to Seek Medical Advice

Please contact us or seek urgent care if you experience:

- Inability to pass urine for **more than 6–8 hours**
- Severe abdominal pain or bloating



- Fever, chills or signs of infection
 - Confusion or agitation (especially in older adults)
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Questions or Concerns?

Please don't hesitate to ask questions — we're here to support you before, during and after your treatment.

 **The Forbury Clinic**
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