

Side effects

- Some patients will go into retention of urine which means you are unable to pass urine. This may happen on the day of the trial without catheter and you will be recatheterised.
- If you are discharged without a catheter and then develop retention of urine you will need to attend Accident and Emergency for catheterisation.

Reference source and useful websites

- Catheter Care, Royal College of Nurses
www.rcn.org.uk
- www.prostateuk.org
- www.patient.co.uk

Notes

Contact details

If you have any queries please contact
Urology Nurse Specialists

Telephone: 01483 464871, Tuesday–Friday

PALS and Advocacy contact details

Contact details of independent advocacy services can be provided by our Patient Advice and Liaison Service (PALS) who are located on the right hand side as you enter the main reception area. PALS are also your first point of contact for health related issues, questions or concerns surrounding RSCH patient services.

Telephone: 01483 402757

Email: rsc-tr.pals@nhs.net

Opening hours: 9.00am–4.00pm
Monday to Friday

If you would like information documents in large print, on tape or in another language or form please contact PALS.

Past review date: October 2016
Future review date: October 2019
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PIN160831–1119



Removing the catheter / Trial without



Urology Department

N.B. Not applicable to patients after radical or robotic prostatectomy

What is a trial without catheter?

A trial without catheter is when a catheter that has been inserted via the water pipe is removed from your bladder. We then need to assess whether you can pass urine normally and empty your bladder sufficiently.

- Your appointment is usually 2 weeks after catheter insertion. But can be more or less depending on individual circumstances.
- The urology nurse will contact you after discharge and the admissions department will confirm the date and time in writing.
- Usually you are asked to attend the Urology nurse specialist clinic. If you have any mobility or medical problems please let the urology nurse know. You may then be booked onto a ward for your comfort and safety.
- Occasionally if your bladder was very full on catheterisation you may be required to be assessed overnight.
- Please do not attend if you are constipated as this may prevent the bladder from emptying. You can attend if you are taking antibiotics for a urine infection or if you have some bleeding.
- If you have MRSA in the urine please ensure the nurse is aware as you will require antibiotics if you need to be recatheterised.

What will happen once the catheter has been removed?

Once the catheter has been removed you will need to fill your bladder slowly by drinking sufficient water. Approximately one cup every 30-45 minutes.

Do I need to stay in hospital?

- You will need to stay in the hospital at least 3-4 hours until you have passed urine satisfactorily. However you may need to stay longer.
- We monitor how well your bladder is emptying with a portable bladder scanner.
- Please bring some reading material with you to pass the time. Due to restricted space we can not usually accommodate relatives. If they wish to accompany you then you can sit elsewhere in the hospital if you wish.
- If you live within a 4 mile radius you may go home after the catheter removal and keep an output chart. You would have to come back for a bladder scan in the afternoon. In case you went into retention of urine you would need someone at home to bring you back immediately.

What happens next?

- If you are able to pass urine well and your bladder is emptying sufficiently you will be discharged.
- If you are unable to pass urine a new catheter will be inserted and an appointment with the urologist requested. We may also book another trial without catheter.
- If you are able to pass urine but your bladder is not emptying adequately you may be taught how to catheterise yourself intermittently. The urology nurse specialist will then monitor your progress as an outpatient.

The benefits of a trial without catheter

The purpose of the trial without catheter is to assess bladder function and reduce your risk of infection associated with urinary catheters.

Alternatives to the trial without catheter

You could keep the catheter for longer or learn how to perform self catheterisation.