

Potential problems following the removal of your catheter

- Slight bleeding may occur following initial removal of catheter, this is normal
- You may pass a small amount of blood when you pass urine, this is normal
- You may feel discomfort during and after the removal of your catheter, this is normal
- You may feel that you want to go to the toilet more often, this is normal
- If the trial without catheter is not successful, you may have to be re-catheterised

Your Community Nurse will provide you with their contact details (see the front of this leaflet) for any queries or problems throughout the trial without catheter

Male Acute Urinary Retention (AUR)

And

Trial Without Catheter (TWOC)

Your community nursing team can be contacted on:

Contact Shropdoc on 111 – out of hours

Acute Urinary Retention (AUR)

- You have been catheterised because your bladder has suddenly become unable to empty
- Your GP and Community Nurse team have been informed regarding your catheterisation
- Please familiarise yourself with the leaflet “Indwelling Catheter Information for Patients and Carers”
- Please make an appointment with your GP for assessment and examination on the next working day following catheterisation. Your GP will prescribe medication for your prostate
- You will be contacted by your Community Nurse to review how you are managing with your catheter. Your Community Nurse will also arrange a date with you for a Trial Without Catheter (TWOC) procedure. This will be undertaken in your home, 7-10 days after you had your catheter inserted

Trial Without Catheter (TWOC)

Your Community Nurse will visit you early in the morning, on the arranged date, to remove your urinary catheter

- You will be provided with a bladder diary
- You or your relative will be required to measure all urine that you pass, and record it on the bladder diary
- You will be encouraged to drink plenty of fluids during the day that your catheter is removed, but no more than 1 litre of fluid (any type) in the first 4 hours
- Using a jug, measure in *mls* and record the amount and time that urine is passed, and record it in your bladder diary
- Please remain at home during your initial Trial Without Catheter, so that your Community Nurse can contact you and assess your progress

Following removal of your catheter, contact your Community Nurse immediately, if you cannot pass urine, and it becomes uncomfortable (within their working hours), or contact Shropdoc (out of hours)