

INFORMATION FOR PATIENTS

Trial without catheter

This leaflet explains the process of a trial without catheter.

Catheter removal

Your catheter may be removed by a urology outreach nurse at your home.

Once the catheter has been removed it is important that you drink enough fluid to fill your bladder in order to see whether you are able to pass urine.

You may not have much control over your bladder at first, as the bladder needs to readjust itself once the catheter has been removed.

You may not be able to pass urine immediately; it can sometimes take a few hours. If you feel uncomfortable please inform the nurse.

Measuring your fluid intake and output

This is necessary to see if you are able to empty your bladder after the catheter is removed.

Keep a record of what you drink and how much urine you pass on the chart provided.

You need to drink approximately 200mls an hour for the first six hours. Use a plastic jug to measure your urine and keep it close by in case you need to pass urine quickly.

Once your catheter has been removed you may feel or see the following:

- A need to get to the toilet quickly and pass urine frequently.
- A stinging sensation when you pass urine. This usually subsides after a few times of passing urine.
- A small amount of blood in the urine. This should subside.
- A feeling that you still need to pass urine, as though you have not finished.
- You may need to wear pads in your underwear to get you over this initial period as you may have some dribbling.

These symptoms should subside after 48 hours. If your symptoms persist, please contact your urology nurse or community nurse.

What happens if I cannot pass urine?

If you are unable to pass urine or you still have urine in your bladder after going to the toilet, a new catheter may be inserted.

Alternatively, with your agreement, you may be taught intermittent self-catheterisation. The nurse will explain these procedures when she visits you.

If you require either of these, you will be automatically referred back to your consultant urologist for further advice.

Other advice

Eat a fibre-rich diet and try not to get constipated.

Having a catheter in place may affect your sexual activity. Any concerns you may have can be discussed in confidence with the nursing staff.

Contact details

If you have any further questions or concerns please contact one of your nurses:

- Urology Outreach on 01623 622515, extension 2429.
- Ward 32 on 01623 622515, extension 4140 (for advice only).

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you.

External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

To be completed by the Communications office
Leaflet code: PIL202308-05-TWC
Created: December 2015/ Revised: August 2023/
Review Date: August 2025