



**Wrightington, Wigan and  
Leigh Teaching Hospitals**  
NHS Foundation Trust

# Trial Without Catheter

# Trial Without Catheter

## Patient Information

## District Nurse Service / Continence Advisory Service

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- Version: 1
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## Introduction

The District Nurse Service and Continence Advisory Service are carrying out a Trial Without Catheter for you. Your catheter will be removed, by a nurse from the District Nursing Service, between 8.30am and 9.30am. You will need to be at home for the whole day, so the nurse can return to assess your progress.

### **On the morning of the visit:**

- It is important to please let your nurse know if you are constipated (not had a bowel movement in the last 72 hours).
- Following removal of your catheter, you or your relative/carer will need to measure all the urine that you pass and record it on the fluid monitoring chart given to you by the community nurse (you will require a measuring jug/urinal for this to be accurate).
- You need to drink approximately 1-1.5L (4 mugs or 6 cups) from the time the catheter is removed until the Continence Nurse visits (approximately 6 hours later).
- You or your relative/carer should write this down on your fluid monitoring chart.
- The Continence Nurse will visit after approximately 6 hours (from 3:30pm onwards) and they will perform a post-void bladder scan.
- If your catheter is left out, the Out of Hours District Nursing Service will contact you between 6pm and 10pm to check that you are okay.

## Aims

To be able to pass urine without having a catheter.

## Benefits

Reduction of urinary catheter associated infections.

## Risks

### **Potential problems following removal of your catheter**

- Slight bleeding.
- Small amount of blood in urine.
- Discomfort.
- You may feel like you want to go to the toilet more often.
- If the trial is not successful, you may need to have a catheter put back in.

**In case of any concerns, please contact the District Nursing Service on:**

**0300 707 7700, 8a.m.- 5p.m.**

**0300 707 1266, 5p.m. - 8a.m.**



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