Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust

Trial Without Catheter

Version number: **1**
Last modified date: **12th November 2026**

Trial Without Catheter

Patient Information

District Nurse Service / Continence Advisory Service

- Author ID: JD / SP
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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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