



Trial without a catheter

Today you have attended for a trial without your catheter; please read this leaflet, in addition to the verbal instructions given by the nurse on discharge. If there is anything you do not understand, please speak to your doctor or nurse.

What next?

- If at today's appointment you have had your catheter put back in, you will receive a further appointment to attend clinic to discuss your management plan.
- If you have been discharged without your catheter, you will either receive an appointment for review in clinic or you'll be asked to see your GP if you have any further urinary symptoms. Your GP can then assess whether you need to be referred to the hospital to see a urologist. Your nurse will discuss this with you upon discharge from the clinic.
- If you have been discharged without your catheter, it means that the nurse at the clinic is satisfied that you are passing urine in sufficient amounts and you have emptied your bladder without leaving too much urine behind (residual urine).
- **It is important that on leaving the clinic you monitor your own urine output.** This is to ensure that you are continuing to pass urine satisfactorily and not going back into retention (leaving urine in your bladder), or developing an infection.
- Fluid intake (the amount you drink) should return to normal.
- Here are some things to watch out for:
 - Unable to pass urine
 - Abdominal pain
 - Urine flow is poor
 - Passing frequent small amounts of urine
 - Burning and stinging when passing urine
 - Smelly cloudy urine
 - Feeling unwell with a temperature

If you have any of the symptoms listed above you need to see your GP. If you are unwell and in pain, the NHS out of hours' service is also available by calling 111 or you can attend the nearest Emergency Department (A&E).

Who can I contact for more help or information?

The Urology Procedures Department can be contacted for advice on weekdays between 8.30am – 4.30pm via the Urology Clinical Admin Team (CAT 3a) Tel: 0118 322 8629 or email rbb-tr.CAT3A@nhs.net. Telephone Hopkins Ward on 0118 322 7771 at other times.

Visit <https://youtu.be/3HALWreylfg> or scan the QR code to view a Trust video on removing your catheter at home:



To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

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