

Your catheter is being removed to assess your ability to pass urine unassisted.

The objective of a trial without catheter is to ensure:

- You can pass urine without the need for a catheter.
- You can pass urine without excessive pain and discomfort.
- That you feel comfortable and safe to pass urine without a catheter.

The procedure:

The district nurse will visit you between 8am and 10.30am. During this visit the catheter will be removed. The procedure for removing the catheter is straightforward although it may cause you minor discomfort during removal.

Following removal the district nurse will revisit you (or phone) between 2.30pm and 4pm to reassess you to ensure that:

- You have passed urine.
- You have passed good volumes of urine.
- Your urine is not abnormal, (such as blood stained or offensive smelling).

If the previous criteria are met you will be asked to attend your arranged follow-up with the urology nurse practitioner.

However, should the district nurse consider that you have not met the criteria you will be re-catheterised and an appointment made for you to be seen in the urology outpatients department.

Following removal of your catheter:

- You may notice a small amount of blood in your urine.
- You may initially experience some discomfort, if so take a simple painkiller like paracetamol.
- You may feel “stinging” on passing urine. This is normal and will stop within 48 hours.
- You may experience some frequency of passing urine and urgency. This is because the bladder has not been used to storing urine whilst the catheter has been in. This will gradually improve.
- Continue to drink plenty of fluids (at least two litres a day).
- Continue with your pelvic floor exercises.

Contact your district nurse if:

- If the stinging on passing urine continues for more than 48 hours.
- If the blood in the urine continues for more than 24 hours.
- If you are unable to pass urine.
- If you have any discomfort or feel that your bladder is not emptying.

Your District Nurse is:

Contact number:

To receive this information in an alternative form or for further advice or information, please contact the urology nurse practitioner on: 01234 792624 or the urology ward on 01234 355122 ext 5973/5659.