



A Patient Guide to: **Trial without Urinary Catheter**

What is a trial without catheter?

A trial without catheter is conducted to assess if the bladder can empty effectively without a long term catheter.

Why should I have a trial without catheter?

Sometimes bladder function can improve even in patients who have used a long term catheter for many years. Having a trial without catheter gives us the opportunity to assess your bladder function.

Why is a trial without catheter important?

A trial without catheter is important because urethral catheterisation is no longer considered the most effective way to manage a bladder problem.

Why is urethral catheterisation no longer considered best practice?

Urethral catheterisation is no longer considered best practice due the associated high risk of catheter acquired urine infections. Urethral catheters can also be problematic causing distressing events such as catheter blockage, urethral damage, urine bypass and painful bladder spasm.

What will happen during the trial without catheter?

A date for the trial without catheter will be agreed with you in advance and will be managed by your District Nursing team along with the support of the Continence Advisory Service. We have given a brief description of what will happen below.

- Your urethral catheter will be removed by a Nurse early morning at a time agreed with you.
- You will be given advice on how much to drink during the day and asked to record this on a bladder chart.
- You will also be advised to pass urine normally and measure your urine out put on the bladder chart.
- Mid-afternoon and at a time agreed with you, a Nurse will visit to perform a bladder scan. This is a simple procedure and involves placing a probe on your lower abdomen to measure the amount of fluid left in your bladder after you have passed urine.



What will happen if the trial without catheter is successful?

A trial without catheter is considered successful if your bladder empties effectively without the need for a urethral catheter. This will be checked using a bladder scanner.

If your bladder can empty effectively there will be no need to for you to use a urethral catheter and the Nurse will discuss with you ways in which you can improve and maintain your bladder health.

What will happen if the trial without catheter is not successful?

The trial without catheter is considered unsuccessful if your bladder fails to empty effectively.

If your bladder fails to empty your Nurse will discuss with you ways to manage your bladder problem without the need for a long term urethral catheter. This may include using an intermittent catheter designed to be inserted in to the bladder just long enough for the bladder to empty. Once the bladder is empty the intermittent catheter is removed and disposed of in your normal domestic rubbish.