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Trial of Void Information - Removing your catheter in the home

During your last hospital admission, you had a catheter inserted into your bladder to assist you to pass urine and empty your bladder.

A trial of void (TOV) is the term used for the procedure of removing your urinary catheter to assess if you can pass urine and empty your bladder.

Our team are here to help and will call you the day prior to your Trial of void to confirm.

What will happen to you at home for a Trial of Void?

Morning home visit: (7.30-9.00am)

- Before removing your catheter, it is preferable that you have used your bowels within the last 24 hours.
- The day before the procedure, drink 2 litres of fluid (preferably water) slowly throughout the day, unless you have been advised by your doctor to restrict fluid intake e.g. renal or cardiac patients.
- The nurse will remove the catheter. This involves deflating a small water filled balloon that has been keeping the catheter secured. It will slide out slowly. This can be uncomfortable but is not painful.
- You will be required to measure the urine you pass. A urine measuring pan will be supplied on the day of your Trial of void. You will be required to record the amount each time you pass urine.

Lunch time phone call: (12.00-1.00pm)

- A nurse will phone around lunch time to assess how you are passing urine. How much you have had to drink and how much urine you have passed,
- If you have any concerns or discomfort throughout the day, you can contact HITH.

Afternoon home visit: (2.00- 5.00pm)

- At your second nurse visit in the afternoon, a basic bladder ultrasound scan will be done to find out how much urine remains in your bladder.
- If the scanner shows a high amount, the nurse may ask you to pass urine again. The aim is to get this volume to be quite low. The amount can vary between people.
- You may need to practice 'double voiding' If required, a nurse will re-insert a catheter at home.

What is Double Voiding?

'Double Voiding' is the process of passing urine, waiting 20-30 seconds, then trying to void/pass urine again to make sure your bladder has emptied completely.

It is important that you empty your bladder as well as you can each time you go to the toilet. It is important not to strain. The technique of Double Voiding is used to encourage more urine to be passed from the bladder.

- Make sure you have privacy

- Go to the toilet as usual. Sitting for a man can help. When you are finished, stand up, move a few steps away from the toilet and think of something totally different, for example a great holiday you've recently been on.
- Do not hover over the toilet. Sit and relax.
- After 20-30 seconds, sit down again to have a second attempt at voiding / passing urine, this time leaning forward so that your elbows are resting on your knees.

What activity can you do?

- It is safe to resume your normal activities once the catheter is removed. It is a good idea to walk when you are able to.

After your discharge from Hospital prior to your Trial of Void:

- Keep your bowels regular with a high fibre diet and laxatives if required.
- Aim to drink 2 litres of fluid (preferably water) slowly throughout the day (unless you have been advised by your doctor to restrict fluid intakes e.g. renal or cardiac patients).
- Report to your GP if you feel unwell, have fevers or your urine has a strong smell.
- Take paracetamol as directed and required.
- Obtain Ural sachets from your local pharmacy and take if and as directed and required ○ The Ural sachet will assist with preventing any burning sensation or discomfort when voiding / passing urine.
- Return to the Emergency Department if you have heavy bleeding or difficulty passing urine / are unable to pass urine.

When to call HITH prior to your Trial of Void:

If you are concerned about any of the symptoms listed below.

- If you pass blood in your urine.
- Pass blood clots.
- Your IDC has stopped draining.
- Notice that your urine becomes cloudy and has a strong smell.
- You have any excessive pain or fever that does not go away or cannot be related to any other condition you may have.
- If you need to re- schedule your TOV.

Contact Details:

Hospital in the Home (HITH) contact 9871 3197

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