

Trial Removal of Catheter (TROC)

Patient Information

This is a trial to check if you can now pass urine in the normal way.

It is important that you allow a day for this trial to take place.

What equipment do I need?

- A measuring jug—in millilitres
- Trial Removal of Catheter (TROC) bladder diary

Drinks

Please drink a cup of fluid every hour. It does not matter if it is tea/coffee or water.

Drinking fluids will help with the trial removal of catheter. The more you drink, the more urine you will make.

Medicine

Please take your regular medicines as usual.

Constipation

If you are feeling constipated please tell the nurse before the trial.

What happens during the trial?

The district nurse will call early in the morning to remove your catheter. Alternatively you could come to the nursing base to have your catheter removed.

You will be given a Trial Removal of Catheter (TROC) bladder diary by your nurse.

In the bladder diary please write down:

- The amount of urine that has drained from your overnight bag for two consecutive nights.
- All the drinks you have during the trial
- All the urine that you have pass during the trial
- Any urinary leakage - e.g. wet pads or clothing.

The district nurse will then visit again in the afternoon. Your bladder will be scanned to check if it is emptying properly when you pass urine.

At this visit a decision and plan will be made depending on your ability to pass urine. If you are not passing enough urine, a catheter may need to be reinserted.

I have some other questions

Please contact the District Nurses if you have any questions regarding Trial Removal of Catheter.

Contact us

District Nurses:

Kapiti: (04) 903 0224

Kapiti Health Centre, Warrimoo Street,
Paraparaumu

Kenepuru: (04) 918 2011

Community Health Building, Kenepuru
Hospital

Wellington: (04) 806 2556

Ewart Building, 2 Coromandel Street,
Wellington Hospital