

Retrograde Trial Removal of Catheter

Patient Information

Women's Health Service

A catheter (tube) is used to drain urine and to give your bladder a rest until it is able to function normally again. When a catheter is used it can be tricky to judge the best time to remove it. We don't want to leave a catheter in too long or take it out too early because of infection or urinary retention risks.

To find out the right time to remove your catheter we use the retrograde trial removal of catheter (RTROC) procedure. This procedure allows us to monitor how much urine your bladder retains after you urinate (void). A RTROC is simple and pain free.

How is an RTROC done?

Using the catheter already in your bladder, a sterile fluid (saline) will be used to fill your bladder. The catheter is then removed from your bladder and you will be asked to urinate (void) immediately. The amount of urine you pass will be measured.

If you are able to urinate the amount of fluid that was put in your bladder you have passed the RTROC.

If you urinate most of the fluid put in to your bladder we will continue to measure your urine throughout the day. We will also use a small scanning machine to measure the amount of fluid in your bladder after you pass urine. This process is repeated until you are able to pass all the urine from your bladder.

If you do not urinate much of the fluid from your bladder a new catheter will need to be inserted. If this needs to happen your nurse will explain the

process for this and how long you may need to keep your catheter for.

How can I help my RTROC?

You must go to the toilet to pass urine immediately following the removal of your catheter. It is best to not wait longer than four hours between toilet trips. We need to measure your urine, so please tell a staff member before you go to the bathroom. They will give you a container to urinate in to for it to be measured.

Please drink fluid as you normally would. A 'normal' fluid intake is 1 glass every 1-2 hours. Fluid is water, milk, juice, coffee or tea. Try not to drink more than 2 litres in 24 hours

Difficulty emptying your bladder?

Check how you are sitting on the toilet. You are able to urinate best if your knees are up and you are leaning forward (see picture).



If you are still having trouble emptying your bladder you need to try to DOUBLE urinate. To double urinate, you pass urine into your measuring bowl, then wait 5 minutes and try to urinate again into the same container. When you are waiting you can stay in the bathroom, sit on the toilet or walk around.

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