

# Trial of void (TOV) – urethral catheter

## Patient instructions



### What is a trial of void?

A trial of void is a test to see whether your bladder has returned to normal so your urinary catheter can be removed permanently.

### What does it involve?

The community nurse may request that you keep a record of your urine output for 24 hours prior to removing the catheter, as some people produce more urine at night than during the day. This information will help us to know the best time to remove the catheter.

### Day of the trial of void

1.		On the appointed day, we will arrange for you to either come to the clinic or for a nurse to visit you at home to remove the catheter. This is a simple procedure of deflating the balloon and the catheter will slip out easily.
2.		At home you will be encouraged to drink approximately 250mL an hour over a 4-6 hour period, capped at 1200mL (unless contraindicated), so that the bladder begins to fill. If you feel the urge to pass urine, do so and measure and record the volume on the chart provided.
3.		At the end of the day you will either return to the clinic or the nurse will return to your home and your bladder will be checked using a portable bladder ultrasound machine.
4.		The nurse will review the chart and ask if your urine flow is good. It is also important to report if you are straining to pass urine.
5.		If you are passing only small amounts of urine and the volume of urine left in the bladder is high, it may be necessary to replace the catheter.
6.		The nurse will report the outcome of the trial of void to your specialist and GP.



#### ALERT

If at any time you experience discomfort and you are unable to pass urine you should call your clinician to re-catheterise you as soon as possible.