

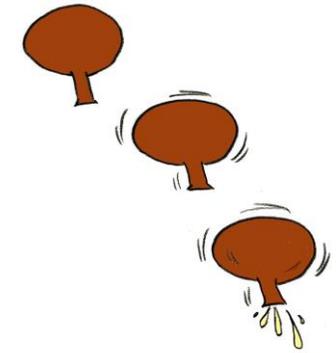
I am learning to stay dry at night



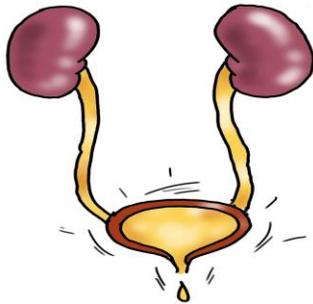
Lots of children have a problem with bedwetting – it is sometimes called ‘nocturnal enuresis’ So you are not the only one!



Bedwetting can run in families. If both your mum and dad wet the bed then their children have a 70% chance of wetting the bed



Some Children wet the bed because their bladder is too small or a bit ‘twitchy’- sometimes called an ‘overactive bladder’ (OAB)



Some children wet the bed because their kidneys produce too much wee. Sometimes called ‘nocturnal polyuria’



All children who wet the bed have a problem with waking up to wee. Sometimes called ‘lack of arousability’



To help reduce the chance of wetting the bed, you need to go for a wee before you go to bed



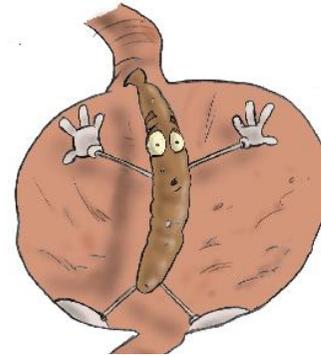
if you have been reading or watching TV in bed you need to go for another wee before you go to sleep



To help your bladder learn to hold on to wee, you need to have at least 6 drinks per day with 3 of the drinks in school



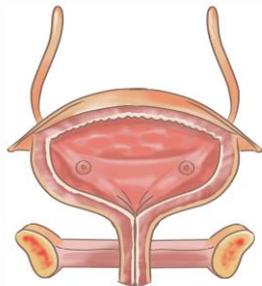
Different types of drinks can sometimes make the wetting worse – find out which is best for you to drink



You need to try to have a poo every day. Constipation can make the bedwetting worse



This shows where your bladder and kidneys are



You can measure how big your bladder should be by working out the following equation:  
**Age x 30 + 30 = average bladder capacity for that age in mls**



If the toilet is far away, leave a potty/camping toilet/urinal by the bed in case you need to wee in the night



Some children take medication called desmopressin (Desmomelt®) to help them get dry



If you are on desmopressin you need to take it an hour before you go to sleep



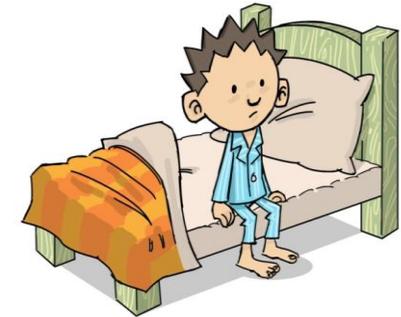
If you are taking desmopressin you need to make sure you do not have a drink for an hour before you take it and 8 hours afterwards



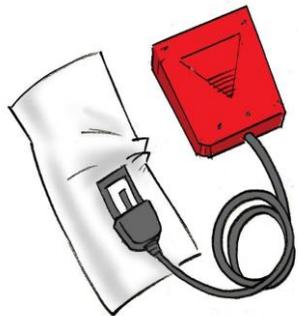
Desmomelt® does not need to be taken with a drink. It just melts under the tongue



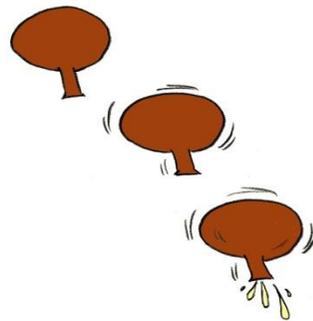
Some children use an enuresis (wetting) alarm to help them get dry



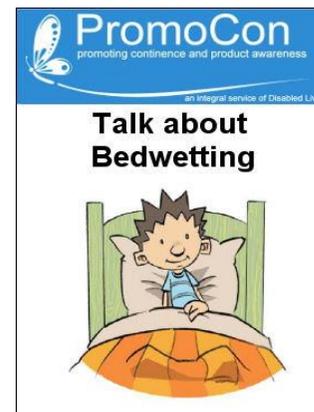
If you are using an enuresis (wetting) alarm, you need to wake up as soon as the alarm goes off and go to the toilet



There are different types of alarms.  
This is a body worn alarm



If you have an overactive bladder you may be given a medication called an anticholinergic which helps the bladder relax



You can download this booklet from  
[www.bladderandboweluk.co.uk](http://www.bladderandboweluk.co.uk)

For more advice and information about bedwetting including bedding protection contact

Bladder and Bowel UK

☎ 0161 607 8219

[www.bladderandboweluk.co.uk](http://www.bladderandboweluk.co.uk)

