

We know it is not your fault the bedwetting happens but it is important that you do try hard to get dry by doing the things above and what your nurse or doctor tells you to do.



Getting your bladder to work better

If your bedwetting is caused by a problem with your bladder then you will be asked to do things that will help your bladder to get bigger and stronger these may include:

- Keeping a chart of what type of drink and the amount you drink each time.
- Try different types of drinks to see which ones make the bedwetting worse and are therefore best avoided.
- Bladders really don't like fizzy drinks like coke and they don't like drinks like tea or coffee or drinking chocolate. If you really can't do without those drinks try to drink them in the morning rather than later in the day. These sorts of drinks can make you want to go to wee more often and don't help with bedwetting. Try to drink throughout the daytime but keep it to a minimum 2 hours before bedtime.
- Measure how much wee you are doing and record it on the chart. You can work out how much your bladder should hold for your age by the following equation (your age X 30) + 30 = average bladder capacity.
- Make sure you have a drink every 2 hours.
- Go for a wee every 2 hours.

- Make sure you sit on the toilet properly with your feet supported on a step or box.
- Take your time having a wee, to make sure you have emptied your bladder completely.

Bedwetting alarms

Some children will use a bedwetting alarm which will wake them up with a noise every time they wee in the night. This will help the message that they need to wake up to wee in the night get through. Your nurse will advise you about their use.

Medicines

Some children will use medicine to help their bodies make less wee at night. And some children will use medicine to help their bodies not need to go to wee so urgently in the day. Your family doctor will advise you about using medication.

For further help and information contact

Your GP, Public Health Nurse, Continence Advisory Service.

www.hse.ie/continencecare

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Adapted from Promocon.co.uk



Bedwetting in Children

**This leaflet is best used
on the advice of
a Healthcare Professional.**

Nocturnal Enuresis or Bedwetting in Children

Dear Parent/Guardian

This information sheet has been developed to assist you to help your child understand about bedwetting. It explains why it happens and how it can be made better.

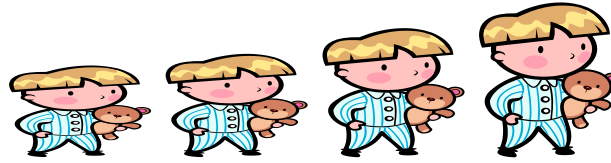
It is important to remember that bedwetting is not your child's fault and is not caused by anything you or your child has done in the past. The problem can be helped.

Treatments can take time and in the meantime wetting can still happen. Once your child is around 5 years old you should avoid using nappies or "lifting" your child to use the toilet when they are asleep. Encourage your child to have a bath or a shower every morning as this will remove the smell of stale urine and avoid the risk of teasing.

Constant bedwetting can make people cross and angry but this can sometimes make the wetting worse. Try and praise your child for their efforts to become dry as often as you can and always ask for more help from your Public Health Nurse or Family Doctor.

If your child has not achieved dry nights by the age of 7 years then contact your Public Health Nurse or School Nurse for further information on your nearest Enuresis Clinic.

Bedwetting or Nocturnal Enuresis happens when you are asleep. Your bladder fills up with wee and empties without you knowing it's happening.



There are lots of children who wet the bed at night – even if you think you are the only one that does, we know that it is a common problem for children over the age of 5 years. For every class of 30 children aged 7 there will be two in that class who wet at night.

It's not known why children wet at night but we do know that children can't help it.

- If your bladder is not able to hold on to all the urine (wee) that your kidneys make during the night then you will wet the bed. This might be because;
 - Your bladder is not big enough to hold onto your wee all night.
 - Your bladder is big enough but becomes "twichy" and empties before it is full.
 - You may lack a special chemical messenger called vasopressin which tells our kidneys to make less wee overnight.
- Some children wet because they have inherited it from someone in the family, just like you can inherit the colour of your hair or the colour of your eyes.
- For some children it may be because they are constipated, if you don't have a poo often enough then the poo will collect in your bottom and squash against your bladder making it more difficult to empty your bladder.
- Sometimes if you drink too much of certain types of drinks before going to bed it can make you wet the bed.
- If your full bladder doesn't tell your brain you need to wake up to wee then it will empty without you knowing.

What can help me get better?



Speak to the School Nurse, Public Health Nurse, or your Family Doctor who will help work out what makes you wet the bed. Knowing what causes the bed wetting can help decide what will make things better.

What Can I do to help?

- Make sure you have at least 6 water based drinks each day (such as water or squash) 3 of these should be during the school day.
- Go for a wee before you go to bed and again last thing before you go to sleep if you have been reading or watching TV for a while.
- Ask whoever looks after you to leave a light on if you are afraid of the dark. Or a potty or bucket in your bedroom if the toilet is a long way off.
- Make sure you don't get constipated by eating lots of fruit and vegetables and tell someone if you are doing less than 3 poos a week.