

You can contact your Nurse on:

Telephone: 01254 735222

Email: bladderandbowelservice@elhtnhs.uk

FURTHER INFORMATION

NICE (National Institute For Health and Clinical Excellence) make several recommendations and you can view their website *for more information: www.nice.org.uk*

Bladder and Bowel UK work as part of Disabled Living Manchester and provide impartial advice and information. You can view their website for more information www.bladderandboweluk.co.uk.

Telephone phone 0161 214 4591
ERIC (Education and Resources for Improving Childhood Continence). Their website is www.eric.org.uk
Freephone 0808 1699 949

Bladder and Bowel Service

W: www.elht.nhs.uk



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BED WETTING



Wetting the bed can make some children Feel sad.....BUT, bed wetting can be helped! This booklet will give you advice and support to help you to make it better.

Your Name: _____

Your Nurse's Name: _____

Your Nurse's Telephone Number:
01254 -735002

Parents / Guardians / Carers

- This booklet has been produced to help children understand about bedwetting . It will explain why bed wetting happens and what can be done to make it better.
- You should always remember that bedwetting is not the child fault and that it can be helped.
- Treatments can take time to work and you should know that during this time wetting can still happen.
- When the child is around 5 years old, you should avoid using nappies or pull ups or lifting your child to have a wee when they are asleep
- Your child should be encouraged to have a bath or a shower every morning as this will remove any smell or stale urine and avoid the risk of being teased by others.
- You should try not to become cross and angry with the child as this can sometimes make bed wetting worse. instead, praise the child for their hard work . Remember, you can always contact your Nurse or Doctor for more advice.



This is what a bed wetting alarm might look like

Why Do I Need a Bed Wetting Alarm?

Your Nurse will decide if a bed wetting alarm would help you. You will use the alarm to try to help you to achieve at least 2 weeks of uninterrupted dry nights.

A bed wetting alarm is made up of a small sensor and an alarm. The sensor attaches to your underwear and the alarm is attached to your pyjamas. When the sensor starts to get wet, the alarm sets off and will wake you up to go to the toilet.

You will probably use the alarm for about 4 weeks and if you are improving, you should continue to use the alarm. If you are not improving, then you should ask whoever looks after you to return the alarm to your Nurse.

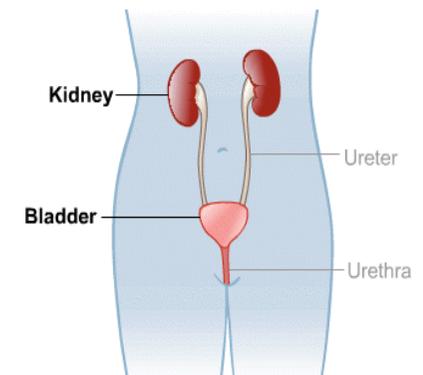
Remember—the alarm is only on loan to you and you should make sure that it is returned to your Nurse at the end of the loan time.

Is there another name for bed wetting?

Yes, **nocturnal enuresis** is another name for bed wetting and did you know that nocturnal enuresis is a very common problem and lots of children over 5 years old are affected? That's 4 or 5 children in a class of 30. This means that there may be someone in your class at school who has the same problem as you! No one really likes to talk about bed wetting so you probably won't know who they are and they won't know about you either.

Where is urine (wee) made ?

Urine (wee) is made in your kidneys and stored in your bladder (which is like a stretchy balloon). When your bladder is full, it sends a message to your brain to tell you that you need a wee. When you are sound asleep these messages are not loud or clear enough and so you don't know that you need to wee and so you wee in bed instead.



So why does bed wetting happen ?

There are lots of reasons why bed wetting can happen, but most often the problem is that your bladder isn't able to hold on to all the wee that your kidneys are making during the night.

This might be because

- Your bladder might not be big enough to hold on to your wee all night
- Your bladder is big enough but it might become "twitchy" and empties before it is full.
- There might be a lack of a chemical called **vasopressin** which is a special chemical messenger that normally tells your kidneys to make less wee during the night. This means that even if your bladder is big enough to hold all your wee during the night, it won't be able to keep hold of the extra wee produced

Sometimes, though, Desmopressin does not work the same for everyone and some children might only take one melt or tablet but some might need to take Two. Your Nurse will tell you the right dose to take.

Remember—Ask your Nurse as many questions as you want if you are not sure



Medication:

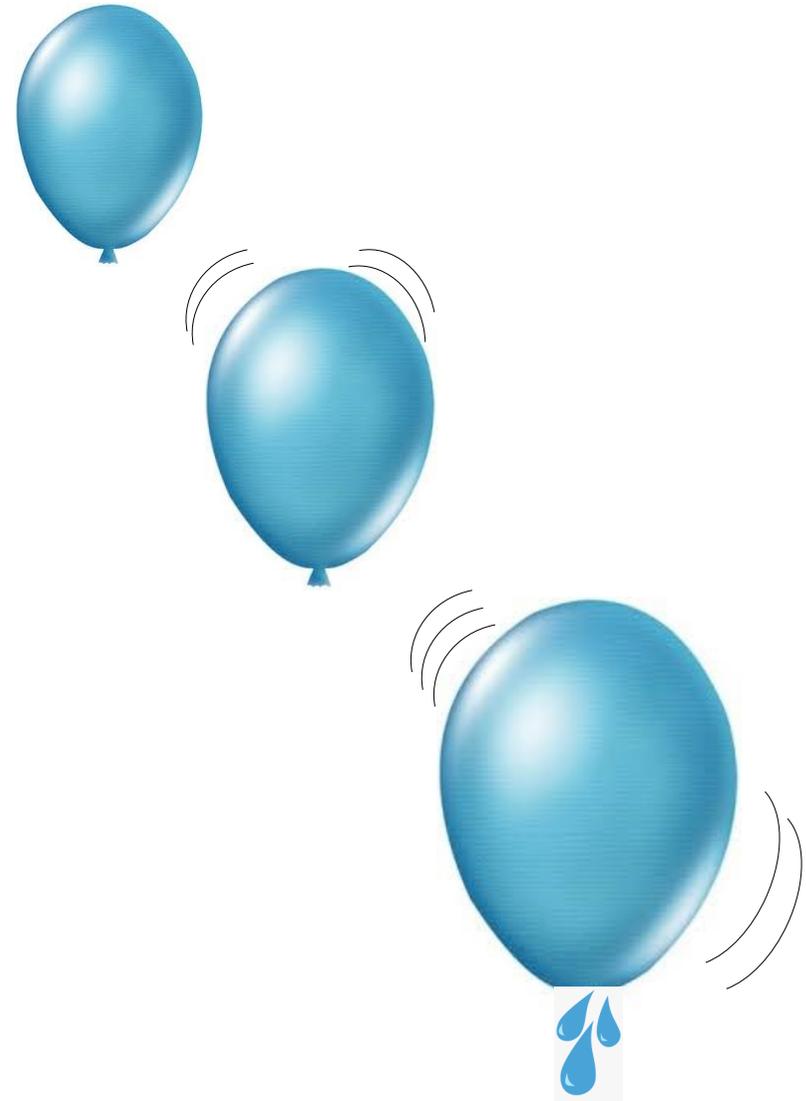
Desmopressin (Desmomelts/Desmotabs)

Sometimes, medication is prescribed to help with bed wetting if you are not producing enough vasopressin (remember --page 6). This medication can be taken by children from 5 years old.

Desmopressin is the name of the medication that does the same thing as vasopressin and it causes your kidneys to produce a smaller amount of urine at night time. You can take it either as a melt - it dissolves under your tongue, or as a tablet; you might find the melt much easier to take!

Desmopressin starts *to* work straight away and you can take it for as long as you need to, until you are dry! You should take it at bedtime and it works only when you take it. Your Nurse will tell you to have a break from your medication about every 3 months, just to check if you need them or if you can stay dry without them.

Can you guess which of these bladders is "twitchy" and needs to empty before it gets full?



Can anything else cause bed wetting?

Constipation

If you don't poo often enough, the poo collects in your bottom and squashes against your bladder. This makes it much harder to hold on to your wee.

Family History

If your mum or dad had a problem with bed wetting when they were a child, there could be a chance that they have passed the problem on to you!

Drinks

If you drink too much of a particular type of drink before you go to bed, sometimes it can make you wet the bed

You don't wake up to wee

You won't wake up to wee if your bladder doesn't tell your brain that you need to wee and it will empty without you knowing!

Can you match the words and pictures?



Write on your chart or calendar when you have poo

Always go to the toilet before you go to sleep



Make sure you have a water – based drink every 2 hours

Remember—drinking and going to the toilet can help you get dry and don't forget to use a footstool to rest your feet on if they are not flat on the floor

Can get my bladder to work better?

If your bed wetting is caused by a problem with your bladder you will be asked by your Nurse to do things that will help your bladder to get bigger and stronger. Sometimes, this is called "bladder training". Your Nurse might also suggest that you have some medicine that will help your bladder to relax .

1. Write on a chart or diary when you have a wee or a drink. Your Nurse will ask you to:
2. Try different types of drinks to see which make the bed wetting worse and should be avoided.
3. Measure how much wee you are passing.
4. Make sure you have a drink every 2 hours.
5. Make sure you sit on the toilet properly; if your feet aren't flat on the floor, use a step or box.
6. Take your time having a wee to make sure your bladder is empty.



Constipation

Family History



Being sound asleep

Problems with drinks



What would help me get better ?

You might already have seen your School Nurse, Health Visitor or Doctor. Your Paediatric Continence Nurse will also help you to know what causes your bed wetting and will help you to decide what will make it better.

Can I do things to help myself ?

1. You can make sure that you drink at least 6 water-based drinks every day (like water or squash); 3 of these drinks should be drunk whilst you are at school.
2. Make sure you have a wee before you go to bed, and go again before you go to sleep if you've been reading or watching TV.
3. Ask whoever looks after you to leave you a bucket or potty in your bedroom if toilet is too far or downstairs
4. Eat lots of fruit and vegetables so you don't get constipated and tell someone *if you do less than 3 poos in a week*
5. Keep trying hard by doing what your Nurse tells you and following the advice above.

Which picture matches the advice on page 10 ?

