

Daytime wetting:

A guide to staying dry!



Information for those who are looking for enuresis treatment at 'The Royal Alex Children's Hospital'

Enuresis is the passing of urine without control after the age of 5. This can occur in the day or the night time (see bedwetting leaflet). Daytime wetting can occur on its own or along with bedwetting. Enuresis is a stressful experience for children at any age.

It is important to be supportive especially when they begin to attend school!

Daytime wetting affects around 1 in 75 children over the age of 5.

It is more commonly seen in girls!

What causes daytime wetting?

There are a number of reasons for daytime wetting and several tips and tricks that can be done to help stop it from happening.

Children may **forget** to go to the toilet because they are concentrating hard on other tasks. As a result they may rush to the toilet and not always empty their

Drinking very little will lead to a small bladder that cannot hold very much urine causing the feeling of needing to use the toilet frequently.



Constipation, the back up of poo in the bowel means the bladder cannot fill to a normal size, it holds less urine and leads to more toilet runs, poor bladder emptying and an increased risk of accidents.



Many children experience daytime wetting as a result of **anxiety** and **emotional stress**. It is important to talk to your child about how they are feeling.

Bladder instability means that there is poor coordination between the muscles of the bladder. The bladder may also be **overactive** meaning the muscles twitch.

A **urinary tract infection** can cause daytime wetting. Smelly, cloudy urine, feeling sick, pain in the tummy and a temperature are some symptoms to look out for. If they do experience any of these seek medical attention.

Tips and trick to help stop daytime

Drink plenty,

- ⇒ A child should drink around 6-8 glasses of water based fluid every day.
- ⇒ Avoid caffeinated drinks such as fizzy drinks, tea and coffee as they cause an overactive bladder to misbehave.
- ⇒ Encourage them to pass urine every 3 hours during the day.
- ⇒ A **reward scheme** can aid encouragement!



Eating healthily will avoid constipation!

- ⇒ If there is any suspicion at any point that your child is constipated it is important to seek medical advice.
- ⇒ Constipation will worsen wetting.

Double voiding,

- ⇒ When your child believes they have completely emptied their bladder ask them to stand up for 15 seconds. Then attempt to empty their bladder one more time. It is important not to push too hard.
- ⇒ Some children are not able to effectively empty their bladder on the first try.

What options are there if wetting continues?

Medications such as Oxybutynin and Tolterodine can be given by the doctor to help relax the muscles of the bladder.

We would like you to fill out a fluid intake-output chart which you may download from our website.

We may perform an ultrasound scan for some children to look at their kidneys and bladder.

**Useful information
sites:
nhs.uk
eric.org.uk**

Other useful numbers

For out of hours GP service ring

NHS 111

BSUH patient advice & liaison service (PALS)

01273 696955

Ext. 4029 or 4588



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