

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 help can we get if the wetting continues?

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

The doctor may refer your child for biofeedback which teaches the muscles of your bladder to work together properly.

Useful information sites:

nhs.uk

eric.org.uk

[https://www.bsuh.nhs.uk/
paediatrics/enuresis/](https://www.bsuh.nhs.uk/paediatrics/enuresis/)

WITH OUR PARTNER
 brighton and sussex
medical school

NHS

Brighton and Sussex
University Hospitals
NHS Trust

Other useful numbers
For out of hours GP service ring
NHS 111
BSUH patient advice and liaison service
(PALS)
01273 696955
Ext. 4029 or 4588

Royal Sussex County Hospital
Eastern Road, Brighton,
East Sussex BN2 5BE
01273 696955



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Daytime wetting: A guide to staying dry!

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



Information for relatives and carers

Enuresis is the passing of urine without control at any age when it would be expected. This can occur in the day or the night time (see bedwetting leaflet). Daytime wetting can occur on its own or along with bedwetting.

Daytime wetting affects around 1 in 75 children over the age of 5 and is more commonly seen in girls!

Enuresis is a stressful experience for children at any age but especially when they begin to attend school.

It is important to be supportive!

All those who experience daytime wetting should see the GP to work out the cause and be given suitable advice regarding treatment.

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 bladder fully.

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, 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.

Sometimes coughing, sneezing, laughing or running can lead to a leaky bladder.

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 wetting..

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 2 hours during the day.
- **A reward scheme** can aid encouragement!