

Nighttime Wetting (Nocturnal Enuresis)

What is nighttime wetting?

Nocturnal enuresis (ehn-yoor-EE-sis) or nighttime wetting means wetting the bed at night after an age when most children are dry. Nighttime wetting is not considered unusual up to the age of 5, and is not cause for serious alarm

What causes nighttime wetting?

There is no single cause for nighttime wetting, but many things can cause it:

- Some children take longer to develop bladder control than others. All children develop at their own pace; some children learn to walk or talk later, some children may get control of their bladders later.
- Constipation
- Family history of nighttime wetting. If the child has a family member (mother, father, or sibling) who wet the bed, this increases the chance the child will wet the bed.
- Some children are deep sleepers and do not wake when the bladder is full.
- Some children's kidneys make more urine (pee) overnight than others.

How many children have nighttime wetting?

Nighttime wetting is a problem for a lot of children, but it usually goes away as a child gets older. How often it happens also decreases with age. This table can help you understand how common nighttime wetting is:

Age of child	Children who have night time wetting
5 years	15 to 20%
7 years	8 to 10%
10 years	5 to 7%
12 years	3%
15 years or older	1% to 2%

When should I get help for my child for nighttime wetting?

After the age of 7 or 8, most children with nighttime wetting are old enough to take part in a night training program. This is a program that helps children learn how to control their bladders at night. Your child must want to be dry and be willing to work with you for any program to work.

What treatments are

Usually, children stop wetting at night as they grow older without any

To Learn More

- Urology
206-987-2509
- Ask your child's healthcare provider
- seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.

there for nighttime wetting?

treatment. There is no way to know when your child will be dry every night. Treatment usually means helping your child to form habits that will allow them to control their need to pee. Do not punish or shame your child for the nighttime wetting.

Behavior change

- Have your child pee every 2 to 3 hours during the day.
- Your child should drink the most amount of water earlier in the day. The goal is for the urine to be almost clear like water.
- Limit liquids for 2 hours before bed.
- Pee twice (double void) before bed every night.
- Avoid constipation. Your child should have a soft, mashed potato consistency stool (poop) every day.

The Bedwetting Alarm

The bedwetting alarm helps teach the brain and bladder to communicate more effectively, helping the brain to recognize when the bladder is full. Most alarms have a sensor that buzzes or vibrates when your child wets. In the beginning, you may need to wake your child when the alarm goes off. Most children learn to awaken on their own over time. It is important to recognize your child will still be wet in the beginning of the alarm program. Over time they will learn to respond to the bladder being full before wetting the bed. Practicing the alarm routine before going to bed can help with the program.

If your child uses an alarm, they will use it every night until they are dry each night for two weeks. The alarm program is a commitment and can take 4 months to see improvement. The alarm works for about 60% of children.

Medicine

Medicine can sometimes be prescribed to help a child be dry at night. Medicine does NOT cure bedwetting and it does not work for everyone. After stopping the medicine the bedwetting usually returns.

- Desmopressin Acetate /DDAVP. This medicine helps your child to make less urine. It can be used every day, or just once in a while. For example, if your child is going to a sleepover or camp, they may want to take medicine to help them not wet the bed at night. DDAVP is 30 to 40% effective while taking the medicine.

If you have any questions about nighttime wetting or these treatments, please call the **Urology** clinic at the number in the “To Learn More” section found at the bottom of page 1.