
KEY POINTS TO REMEMBER ABOUT BEDWETTING

- Bedwetting is common (20% of 5 year olds and 5% of 10 year olds still wet the bed).
- Typically bedwetting involves passing a large volume of urine involuntarily in the first few hours of the night.
- Passing variable volumes of urine involuntarily more than once a night is typical of bedwetting and daytime symptoms combined, with possible underlying overactive bladder.
- Bedwetting every night is a significant problem that is less likely to resolve spontaneously than infrequent wetting.
- Pain passing urine and/or urinary frequency may indicate a Urinary Tract Infection (UTI).
- Offer support, assessment and treatment, tailored to the needs of the child/young person and parents/carers. Assess the child's maturity, motivation for treatment and parent/carers motivation.
- Do not exclude 5 to 7 year olds from the management of bedwetting on the basis of age alone. The Public Health Nurse (PHN) can provide education support and strategies for children over 5 years of age, but they do not offer bedwetting alarms for children under 6.5 years. These can however be hired or purchased privately from Bedwetting Solutions (phone 441 2271).
- Explain to parents/carers that bedwetting is not the child/young person's fault, and that punishment should not be used for the management of bedwetting.
- Lifting and carrying a child/young person to the toilet and/or waking does not promote long-term dryness.