
BEDWETTING ASSESSMENT TOOL

- **Pattern of Bedwetting**

- How many nights of the week does bedwetting occur?

If young child with some dry nights, refer [Advice for parents about bedwetting](#). If > 2 wet beds per week consider referral to PHN service if acceptable to family. Alarm programme considered for children from 6.5 years

- How many times during the night does bedwetting occur?

>1– refer [flow chart](#) for diagnostic pathway

- Is there a large volume of urine?

- At what time of the night does bedwetting occur?

A large volume of urine passed involuntarily in the first few hours of the night is typical of bedwetting alone with no other issues. See [key points to remember about bedwetting](#)

- **Daytime Symptoms**

- Does the child/young person pass urine >7 times or <4 times during the day?

- Is there urgency?

- Is there daytime wetting?

- Is there abdominal straining when passing urine or a poor urinary stream?

- Is there pain passing urine?

If yes to any of the questions above, see [flow chart](#) for diagnostic pathway.

- Does the child/young person avoid using certain toilets?

- Do daytime symptoms only happen in certain situations?

If yes, then address abnormal toileting patterns. See [advice for parents about bedwetting](#)

- Are there issues with constipation/soiling?

If yes, then refer to [flow chart](#) for diagnostic pathway.

STARSHIP CHILDREN'S HEALTH PRIMARY CARE PATHWAYS

- **Fluid Intake**

- How much does the child/young person drink during the day?
- Are they drinking less because of the bedwetting?
- Are the parents/carers restricting drinks because of the bedwetting?

If yes to any of the questions above, then address excessive or insufficient fluid intake. Refer [Advice for parents about bedwetting](#)

- **Is the bedwetting secondary?** (child/young person previously dry at night without assistance for > 6 months)

If yes see [flow chart](#) for diagnostic pathway

- **Assess child/young persons and parents/carers views about bedwetting, needs for support, motivation for treatment**
- **Assess sleeping arrangements/access to toilet at night**
- **Examination**
 - Blood pressure
 - Abdominal and perineal examination
 - Examination of lumbar spine and lower limb neurology

Reference: [NICE Guideline October 2010 Nocturnal Enuresis](#)