

Nocturnal Enuresis Information for Children



Your child has been referred to the community children's nursing team for nocturnal enuresis.

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Unfortunately there is currently a waiting list but there are interventions that you can make a start with before your appointment.

Information

A good fluid intake is vital for a healthy bladder. We need to get your child's bladder working the best it can and do this they need a good fluid intake. Below is the recommended fluid intake for each age group.

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- 4-8 years- girls and boys 1000-1400mls per day
- 9-13 years- girls 1200-2100mls per day, boys 1400-2100mls per day
- 14-18 years- girl's 1400-2500mls per day, boys 2100mls- 3200mls per day

Ref: NICE (2010) Nocturnal enuresis: The management of bedwetting in children and young people.

The above is the amount that we need your child to be drinking. This is water based fluids, milk is not included in the amount but your child can have this in addition.

They need to drink the majority of this fluid before 5pm. Getting your child to drink this amount will be the first step of our treatment plan. Please can you ensure that they are drinking the recommended amount when you and your child come to your clinic appointment.

Please encourage them by using reward charts and making it fun such as measuring the amount each day so that they know how much they need to drink. A healthy bowel is also important, if you feel your child is constipated either contact your GP or we can discuss this at your appointment and initiate a treatment plan.

Bladder irritants

Try cutting out bladder irritants, these are blackcurrant juice, caffeine drinks and fizzy drinks. Keep a diary to see if these have any effect on the wetting.

Toilet advice

Encourage your child to go to the toilet regularly throughout the day they should be going to the toilet to pass urine between 4-7 times a day. They need to have an



empty bladder when they go to sleep encourage them to go to the toilet while they are getting ready for bed and again just before they go to sleep.

Continence products

If your child is currently using continence products try them out of these. Use mattress protection such as a Kylie sheet. Discuss with your child and arrange a plan of how you will manage this and what they need to do. Have clean pyjama's and bedding ready for them each night, involve them with the cleaning up process and ask them to help such as taking the wet bedding and clothing to the washing machine each morning. Put a torch by your child's bed or leave a light on if your child is scared of the dark.

If using reward charts always ask them to do something that is within their control. Your child is unable to control if they are wet but they are able to manage the amount they are drinking each day and help with the cleaning up process.

Bedwetting

Bedwetting is a widespread and distressing condition. There are half a million children and young people in the UK that suffer from night time wetting. Your child is not on their own around 1 in 15 seven year olds and 1 in 75 teenagers suffer from the condition. Although nocturnal enuresis is not fully understood there are interventions that can help these will be discussed in your clinic appointment.

Support Groups:

www.disabledliving.co.uk

www.childhoodconstipation.com

We look forward to seeing you and your child at your appointment where we will discuss a treatment plan.

Contact us

This factsheet has been produced by the Children's Community Nursing service. Your East Cumbrian team is based at: Springboard Child Development Centre, Carlisle

Telephone: **01228 608112**

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Telephone: **01900 705080**

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Feedback

We appreciate and encourage feedback, which helps us to improve our services. If you have any comments, compliments or complaints to make about your care, please contact the Patient Experience Team.

Email: PET@cumbria.nhs.uk Tel: 01228 602128 Freephone: 0800 633 554

If you would like this factsheet in another language or format, for example Braille, large print or audio, please call:

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E:communications.helpdesk@cumbria.nhs.uk

Or write to Engagement and Communications
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