

# Treatment

**Bedwetting alarms** have been fully researched and do provide a cure for many bedwetting children (but not all). However, these often take several months to work so they should be trialed at least six months beforehand. They are unsuitable to take to school camps, as the alarms would draw attention to the child when they are wetting.

**Desmopressin/Desmopressin acetate** is a medication which substitutes a naturally occurring hormone within the body. It reduces the amount of urine produced overnight by the kidneys. This is a prescription medication. The medication is safe; however drinking fluids when the medication is active is dangerous. Therefore no fluids should be consumed a minimum of one hour before taking the medication until eight hours after using the medication (check the medication information sheet for details). Always use Desmopressin in consultation with a doctor. Careful instructions are required and potential side effects should be discussed with the supervisory adult and the child. The medication must be trialed several weeks before the camp. It does not work for all children.

**Other medication** may be required if your child has daytime bladder problems or constipation.

**Lifestyle factors** can be important when your child is bedwetting. Ensure your child is not constipated. Encourage your child to drink regularly during the day with meals and snacks and not just after school or late in the day.

**Products** are not a treatment. However they can help a child manage their problem discreetly. Children may prefer disposable products for sleepovers and washable for their own home. A continence advisor can assist you with information about products.

# contacts

## Continenence Foundation of Australia Resource Centres

### National office

T (03) 9347 2522  
E [info@continenence.org.au](mailto:info@continenence.org.au)

### Victoria

T (03) 9816 8266  
E [info@continenencevictoria.org.au](mailto:info@continenencevictoria.org.au)

### New South Wales

T (02) 8741 5699  
E [cfansw@optusnet.com.au](mailto:cfansw@optusnet.com.au)

### Western Australia

T (08) 9386 9777 or 1800 814 925  
E [info@continenencewa.org.au](mailto:info@continenencewa.org.au)

### South Australia

T (08) 8266 5260  
E [continenence@dcsi.sa.gov.au](mailto:continenence@dcsi.sa.gov.au)

or visit the website at:

[www.continenence.org.au](http://www.continenence.org.au)

For further assistance on where to get professional help contact the National Continence Helpline

## National Continence Helpline

FREECALL™ **1800 33 00 66**

Helpline advisors are always sensitive to the confidentiality and anonymity of all callers. An Australian Government initiative managed by the Continence Foundation of Australia

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## Tips for bedwetting Children who want to enjoy a sleepover



Models/individuals in photographs are used for illustration purposes only

## Information for parents

# Bedwetting

Bedwetting (also called nocturnal enuresis) happens when the bladder empties without permission during sleep. There are three main reasons this occurs:

- The inability to waken to a full bladder.
- The bladder becomes overactive at night and cannot store urine.
- The kidneys make a large amount of urine at night and the bladder has difficulty holding this.



It affects approximately 19% of children between the ages of five and twelve years of age.

Sleepovers and school camps are an important part of school life in Australia. This can be a very exciting time. However, for children who continue to wet the bed, sleepovers can be a cause of distress and worry. Some children may avoid sleepovers.

This brochure aims to provide parents and children with some practical tips for these occasions. For more information read the Continence Foundation of Australia brochure on bedwetting.

It is important to know that many children can manage to stay dry on camps and sleepovers and have a great time despite all the worry.

## Preparation is the key to success

The first night of camp is not the time to trial new strategies. Start preparing months in advance.

# Things to consider

## → When is the camp or sleepover?

Give yourselves ample time to prepare and trial different strategies in the familiarity of your own home. We encourage seeking professional help.

## → How old is your child and how much responsibility can they take on their own?

You may need to tell the adult who is supervising your child about the bedwetting so they are prepared to assist your child.

## → Is your child going to require protection for themselves and/or the bed?

Your child needs to learn ways of using the products (e.g. bed pads can be discreetly placed in sleeping bags).

You will need to teach your child how to discreetly dispose of products (e.g. setting an alarm clock earlier than others and get up and dispose of products in a suitable rubbish bin).

## → Does your child get up to the toilet during the night?

Ensure your child is orientated to their new surroundings and that they are aware that they should go to toilet before bed and again just before sleep (children tend to talk for sometime after going to bed and the bladder will be re-filling). Ensure a night light or torch is available to find the toilet.

## → Do you need to prepare your child with answers to other children's curious questions?

# What to pack

- ✓ Wipes for your child to maintain their hygiene after bedwetting. This will reduce body smells.
- ✓ Plastic bags to dispose of the washable or disposable products.
- ✓ Ensure enough products for the duration of the sleepover or camp.
- ✓ Medication if required.
- ✓ Extra clothing and underwear.

## Products

### **Pull-up pants or pads can be disposable or washable.**

These need to be highly absorbent as many children who wet the bed produce large quantities of dilute urine overnight. It is important to trial different brands to find one which fits your child properly and contains all the urine they pass overnight.

**Mattress protectors** are waterproof sheets which covers only the mattress. A normal sheet is placed on top of it. It does not absorb urine. Cleaning is required.

**Pillow and quilt protectors** are waterproof coverings which are used under normal quilt covers and pillowcases. These do not absorb urine. Cleaning is required.

**Bed pads (washable and disposable)** are highly absorbent and cover approximately one third of the bed. They usually have waterproof backing and are recommended to be used with no other protection and no under wear. The urine is absorbed directly by the bed pad. The bed pads can easily be hidden in a sleeping bag and the child sleeps on top of it. However many parents use them with pull-ups in case they leak. If washable products are used they should be placed in a plastic bag to avoid smells and washed as soon as possible. Disposable products can be placed in a plastic bag and thrown away with your normal rubbish.