

Information for Patients

Bedwetting Alarms

Using an alarm reduces bedwetting in about two thirds of children during treatment and about half the children remain dry after stopping the alarm.

How do bed wetting alarms work?

The sensors are so sensitive that the alarm goes off as soon as your child starts to pass urine. This wakes your child, who then stops passing urine and can get up and finish in the toilet.

In time your child is conditioned to wake when his or her bladder is full or learns to sleep through the night without wetting.

How the alarm is used

Your continence nurse will explain how to set up the alarm.

It is used every night until your child has at least 14 consecutive dry nights.

On average this may take 3-5 months.

At first it may be best for an adult to sleep in the room, to support the child to get up and stop them being afraid of the alarm. However, when the child gets used to the alarm, they should take responsibility for getting up, turning off the alarm and then changing any wet sheets or bedding.

The bed alarm programme

- 8 – 10-week programme
- Consistency is crucial
- Child manages alarm themselves
- Child needs to be motivated

Managing your alarm

Bedtime routine

- Put the alarm box on a table far enough away from the bed so you cannot turn it off in the night without getting out of bed
 - Place the sensor mat longwise across the bed. Plug the lead from the sensor mat into the alarm box and turn on
 - Put on only a pair of underpants and a shirt or nightgown
 - Have 1 or 2 sets of sheets, change of underwear and a hand towel ready by the bed so that you can change the bed during the night
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- Now comes the important mind practice routine. First of all, make sure you know where the light is and how to get to the toilet. Then lie in bed and practice in your mind what you are going to do if the alarm rings. Imagine waking up to the alarm. Then think about the following steps:

Awakening to the alarm

- You wake up to the alarm, get out of bed and turn it off. (For children who do not wake up, it is important that the parent does not turn the alarm off for them. Wake the child gently and encourage them to get out of bed and switch the alarm off)
- Go to the toilet and empty the bladder fully
- Change your nightwear
- Take wet sheets off the bed. Wipe the sensor mat. Check position of sensor mat. Put clean sheets on the bed and set the alarm again
- In the morning fill in the diary

Signs of progress

There is usually not much progress in the first 2 weeks so do not despair.

The signs of progress are:

- More wees going in the toilet
- Smaller wet patches
- Only one wet patch per night
- Waking more quickly to the alarm
- Self-waking to go to the toilet
- More dry nights

Cleaning sensor mat

Wash with a mild detergent and lay flat on a towel to dry.

Overlearning

Once you have achieved the first goal of 14 dry nights in a row, drink 300mls of fluid, preferably water, in the hour before going to bed. The goal is to get another 14 dry nights while drinking extra fluid. There may be set backs with this new regime but persevere.

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