

For further information about this service contact:

Children's Services
Union Street
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MK40 2SF

Tel: 01234 315847 Email: ccs.beds.childrens.cct@nhs.net

Information and guidance can be found at:

- ERIC Helpline 0845 370 8008 www.eric.org.uk
- Bladder & Bowel UK 0161 607 8200 www.disabledliving.co.uk
- NHS Choices www.nhs.uk
- NICE www.nice.org.uk/guidance

Continent



Confident



Carefree



If you require this information in a different format such as in large print or on audio tape, or in a different language please contact the service on the details above.

If you have any compliments about this service or suggestions for improvements, contact our Patient Advice and Liaison Service on 0300 131 1000 (charges may apply depending on your network) or email: ccs-tr.pals@nhs.net.

For free, confidential health advice and information 24 hours a day, 365 days a year please contact NHS 111.



Teenage Bedwetting - Female

Children's Continence Clinic



Teenage Bedwetting

Fed up with wetting the bed and **want** to get dry?

Great, because you **can** and there's a lot you can do to help.

- **Did you know?** You are not alone - there are others in your school who wet the bed.
- **Did you know?** There are **98,000** 10 – 15 year olds in the UK who wet the bed.
- **Did you know?** It's not your fault **but you** hold the key to making things better.

What do you need to do?

Well, It's as easy as 12.....3

1. Drink water and stop drinking fizzy, blackcurrant, caffeine and hot chocolate.
2. Have regular toilet breaks, sitting to wee when possible.
3. Stop drinking two hours before bedtime.

Yes, It really is that simple - But YOU need to believe.

YOU can do this, **and** most importantly you must follow the simple steps.

How much should you drink?

- 7 – 11 years old - 1.5 litres
- 12 – 14 years old - 2 litres
- 14 + years old – 3 litres



Your bladder will **STRETCH** so that eventually it can hold your wee over night.

- **Did you know?** There are 47,000 16 – 19 year olds who still wet the bed.
- **Did you know?** **86,000** 20 – 24 year olds who wet the bed.

Do you want to be one of these statistics?
If not, follow the simple advice on this sheet.

- We can work together.
- We can help you to do this.
- You can get dry.

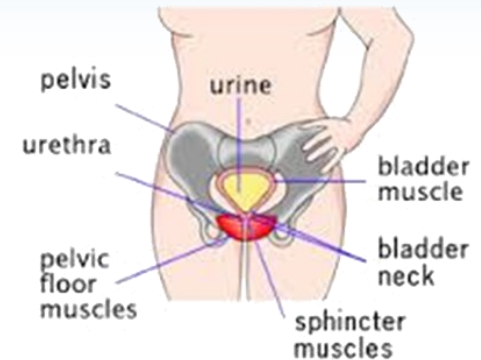


Pelvic floor exercises can help

Want to know where your pelvic floor is?

The pelvic floor muscles relax when you go to the loo. They tighten when you finish which stops wee and poo leaking out. It is an important muscle to know about.

To tighten your pelvic floor. You pull up inside without needing to move your legs, tummy or bottom. Your pelvic floor is working well when You can stop the flow of wee (only do these occasionally) and you can stop yourself from passing wind.



Use it so you don't lose it

Pelvic Floor exercises you can try:

1. Sit, stand or lie with knees slightly apart.
2. Slowly squeeze inside and pull up the muscles you use to stop wee leaking and to stop passing wind.
3. Try not to hold your breath or tighten your legs and bottom.
4. Hold for up to 10 seconds and then slowly relax.
5. Repeat up to 10 times.
6. When you get really good at it you can pull the muscles quickly, hold and relax immediately.

Pelvic floor exercises can be done **anytime, anyplace, anywhere** because nobody can tell when you are doing them. Only you know.

Use it so you don't lose it!

Weak pelvic floor muscles can be caused by constipation, lack of exercise, being overweight, heavy lifting and coughing a lot.

Good pelvic floor muscles can stop you leaking wee and helps keep the bladder healthy and strong. This can help with bedwetting.