

For further information about this service contact:

**Children's Services**  
Union Street  
Bedford  
MK40 2SF

Tel: 01234 315847

Email: [ccs.beds.childrens.cct@nhs.net](mailto:ccs.beds.childrens.cct@nhs.net)

**Information and guidance can be found at:**

- ERIC Helpline 0845 370 8008 [www.eric.org.uk](http://www.eric.org.uk)
- Bladder & Bowel UK 0161 607 8200 [www.disabledliving.co.uk](http://www.disabledliving.co.uk)
- NHS Choices [www.nhs.uk](http://www.nhs.uk)
- NICE [www.nice.org.uk/guidance](http://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](mailto:ccs-tr.pals@nhs.net).

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



# Enuresis Alarm - Simple Measures

## Children's Continence Clinic



Please ensure that you continue following the simple measures outlined below:

### Drinks

- Your child should be drinking at least 6 – 8 cups of **water** (or squash) each day and even more in the warm weather or when taking part in sport.
- Reduce or stop all fizzy drinks, blackcurrant, orange juice, caffeine and hot chocolate.
- Stop drinks two hours before bedtime.
- Ensure drinks are taken regularly throughout the day.

### Toileting

- Stop using pull ups or nappies.
- Encourage regular use of the toilet – 4-7 times a day.
- An extra wee before bedtime – boys and girls should sit to wee.
- Use of a footstool or step.
- Keep on top of constipation, any pain, strain or discomfort visit your GP.
- Understand that constipation does affect wetting, it needs to be resolved before the child can become fully dry at night.



**Plenty of praise for every small step**



### If your child does not wake up to the alarm:

- Wake child up fully turning lights on if necessary.
- Encourage child to turn off alarm.
- Take to the toilet and sit to wee.
- Your child should help you change the bed and night clothes.

**Do not worry if this is the only progress you make to begin with.**



**Remember plenty of praise for every small step**



### The alarm is a training device

1. Child will begin to wake when the alarm sounds.
2. Eventually waking when their bladder is full.
3. Wake before the alarm goes off.
4. This process can take between 3 – 6 months.



It is important to have patience.

It is important to give praise.

It is very important not to blame the child.

Our aim is: to hold a telephone review after 4 weeks of using the alarm, to discuss in detail how your child is progressing and make a plan for the next two months.

This will then be followed with a further telephone appointment three months later, if not before.

We will provide you with charts to help record drinks and alarm progress.

Please feel free to contact the Continence Clinic at any time.

Further information and advice for both children and parents can be found at:

[www.eric.org.uk](http://www.eric.org.uk)

