

For further information about this service contact:

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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.



Simple Measures - Your Child is now Dry at Night

Children's Continence Clinic





Your child is now dry at night time.

If your child is one of the young people who continue to take Desmomelts to achieve dry nights, there are some important things to remember.

- **Child must stop drinks at least one hour before taking the melt** (although two hours gives the body more chance to covert drinks to urine).
- **Do not drink after taking the Desmomelt.**
- Every three months your child should have one week break from the Desmomelts.
- **If dry during this week then do not restart.**
- If wet then restart at the end of the week and try another break in three months' time.
- Continue to encourage drinking well throughout the day.
- Avoid drinks that can irritate the bladder (especially blackcurrant and fizzy drinks).
- Stop drinks two hours before bedtime.
- Attempt two wees before bed.
- Boys should sit to pass urine whenever possible.

Know your child's bowel habits as constipation can cause day and night time wetting.

- Use of toilet step is recommended for all children and adults to ensure that the muscles relax effectively to ensure bowels are opened completely.
- There should be **no pain or strain** when opening bowels as the poos should be soft and easy to pass.
- Poos should be appropriate size for the size of the person, they should flush away easily and not block the toilet.
- The bowel can be trained to empty after mealtimes, the body's natural reaction is to make space for the food you are consuming.
- A high fibre diet can help with minimising constipation symptoms.



If your child no longer needs medication then they can test the simple measures but only test one at a time – take it slowly.

Try introducing:

- a blackcurrant or orange juice
- a drink later in the evening
- a hot chocolate

If the wetting restarts then go back to the beginning and make sure they follow all of the simple measures.

Remember that reducing fluid intake during the day will cause the bladder capacity to shrink - this can cause wetting to restart.

Keep drinking plenty of fluids it will help the bladder to stay stretched, improve concentration and has many other health benefits.

Remember be positive – this will boost your child's self-esteem and help to support continued continence.