

## **Bedwetting Products** – revised 3/2003

There are several approaches to the treatment of bedwetting (nocturnal enuresis).

First, a visit to the doctor's office is necessary to make sure no more serious condition is the cause for the bedwetting. Being patient for children to grow older is virtually always successful. Still, by Kindergarten fifteen percent (15%) of kids continue to have frequent nighttime bedwetting.

Sometimes bedwetting is too disturbing or inconvenient for some children and their families. Sometimes kids develop troublesome rashes as a result of bedwetting. In these cases, treatment may be indicated.

There are several books to help parents. One popular title is "Getting to Dry: How to Help Your Child Overcome Bedwetting" by Max Maizels. This and many other titles can be found at your local library, bookstore or Internet resources like Amazon.com.

Bedwetting alarms are also very successful. The Nytone Company ([www.nytone.com](http://www.nytone.com), 2424 South 900 West, Salt Lake City, Utah 84119, tel. 801-973-4090) makes an inexpensive alarm (about \$70) that is worn on the wrist like a watch. The Bedwetting Store ([www.bedwettingstore.com](http://www.bedwettingstore.com), tel. 800-214-9605) has a wider selection of alarms, books, pads and information to help parents.

Sometimes even behavioral treatments and alarms aren't enough. Then, medications like DDAVP® or imipramine may be used to achieve dry nights. But remember, patience almost always rewards with dry nights without medicine!