



# Bladder & Bowel UK

Supporting people with bladder and bowel problems

part of Disabled Living



# Bedwetting



# Bedwetting



This leaflet is to help children and young people who wet the bed at night



Bed wetting is when you go for a wee when you are asleep in bed



If you wet the bed you may feel sad or upset



It is an accident if you wet the bed when you are asleep

## What can help me stop wetting the bed?



Drink lots of water  
every day



Eat fruit and  
vegetables so you do a  
poo every day



Have your last drink  
one hour before bed

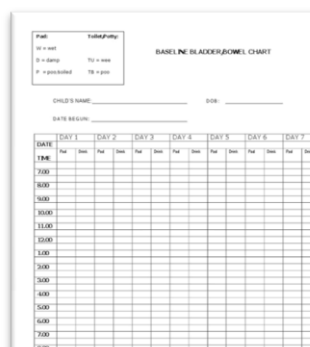


Go for a wee before  
you go to bed

# Who can help me?



Your school nurse or doctor will be able to help



Full name: \_\_\_\_\_  
Date: \_\_\_\_\_  
GP: \_\_\_\_\_

BASELINE BLADDER/BOWEL CHART

CHILD'S NAME: \_\_\_\_\_ DOB: \_\_\_\_\_  
DATE BEGINS: \_\_\_\_\_

TIME	DAY 1		DAY 2		DAY 3		DAY 4		DAY 5		DAY 6		DAY 7	
	Wet	Dry	Wet	Dry	Wet	Dry	Wet	Dry	Wet	Dry	Wet	Dry	Wet	Dry
7:00														
8:00														
9:00														
10:00														
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5:00														
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You will be asked some questions and may be asked to fill in some charts

**There are treatments available that can help you stop wetting the bed**



Some children may need to take medicine to help them stop wetting the bed



Some children may need to use a special alarm that wakes them up if they wet the bed



The treatments will help you stop wetting the bed and stay dry

## Getting help



Lots of people have a problem with wetting the bed

If you wet the bed ask for help

There are other easy read booklets about 'Going to the doctor' and 'Going to the chemist' which you may find helpful. These are available on the Down's syndrome website:

<http://www.downs-syndrome.org.uk/for-people-with-downs-syndrome/living-the-way-you-want/>

Bladder and Bowel UK have also developed a booklet about constipation:

<https://www.bbuk.org.uk/wp-content/uploads/2017/05/Booklet-for-people-with-LD-and-constipation.pdf>



[www.bbuk.co.uk](http://www.bbuk.co.uk)

**Get in touch**



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For more information about bedwetting visit the website below

<https://www.stopbedwetting.org/>

The [www.stopbedwetting.org](http://www.stopbedwetting.org) website has been developed and funded by Ferring Pharmaceuticals as a service to medicine.

