Enuresis (Bed Wetting)

Secondary Enuresis
Def: Previously dry for > 6m

Refer to Paediatrics

Primary (children > 5 years of age)
(Never been dry > 6 months)
History & Examination include:
Any daytime wetting symptoms
Constipation
Polyuria / polydipsia

Management:
Advice on fluid / diet and toileting patterns
Reward system to help motivate
(See ERIC's website)

Alarm (first line recommended by NICE (Stop if no response after 4 weeks)

Desmopressin (≥ 7 years of age) if alarm not successful or
rapid improvement required.
Desmomelt 120 mcg bed time
Increase to 240 mcg bed time (See BNFc) **or**
Desmotab 200mcg (max 400mcg) bed time. If responds review after 3 months (withdraw treatment for 1 week & see if child has improved) otherwise continue for another 3 months.
NB: Refer if Red flag symptoms or problem persists.

Red Flag

- Persistent urinary dribble
- Abnormal lower limbs neurology
- Spinal deformity
- Daytime Symptoms
- Secondary Enuresis

NB: pts with Red Flag- refer to paediatrics

If any concerns or advice needed please use consultant connect service