How to Use Your Bed-Wetting Alarm

Your bed-wetting alarm can help you stop wetting the bed. The purpose of the alarm is to help you get up during the night and use the toilet when you first feel that your bladder is full. The alarm will work best if you use it every night. Try to get up quickly when the alarm goes off and go to the bathroom.

1. Hook up the alarm by yourself. Practice attaching to your underwear. When the alarm goes off, practice going to the bathroom, just like you would in the middle of the night.

2. Have a night-light or flashlight near your bed. This will make it easier to see what you are doing when the alarm goes off.

3. Give yourself a pep talk at bedtime. Try to "beat the alarm". Wake up when your bladder feels full, but before any urine leaks out. If the alarm does go off, try to wake up and stop urinating at the first moment that you are aware of the alarm. At first it may seem like a dream.

4. Once you are awake, turn off the alarm. If you don’t wake up, have someone help you wake up.

5. Hurry to the bathroom and empty your bladder.

6. Put on dry underwear and pajamas, and reconnect the alarm. Change your bed linen if it got wet.

7. In the morning, write on your calendar:

   **Dry:**
   The alarm didn’t go off.

   **Slightly wet:**
   You got up after the alarm went off and were just a little wet.

   **Very wet:**
   You got up after the alarm went off and were very wet.

   **Wet, Slept:**
   You did not get up and you had wet underpants/pajamas or a wet spot or stain.

If you have any questions, call your doctor or the Children’s Mercy Kidney Center at (816) 234-3030.
The bed-wetting alarm is a tool to help your child learn to stop wetting the bed. At first, the alarm does not stop your child from wetting. The alarm sounds or vibrates when the underwear gets wet and they are asleep. Most children and teens sleep very soundly at night and are hard to wake up. It is really important that they have help available during the night to wake up and get to the bathroom.

When the alarm sounds or vibrates, immediately go to your child’s room and remind them what to do: "Wake up, that is your alarm, you need to turn the alarm off and go to the bathroom." He should try to empty his bladder on the toilet, then put on dry underwear and reattach the alarm to the dry underwear before returning to bed.

Encourage your child to be consistent and use the alarm every night. It is most successful if your child knows other people are really interested in helping them with this problem.

Some children will respond to the alarm in as little as 4 weeks. Other children require several months. Most children are having dry nights in about 12 weeks. We recommend your child use the alarm for at least 12 weeks or until your child has been dry at night for 4 weeks.