Guidelines to Help You Stop Bed-Wetting

Recommended for Children Age 6 and Older

The following guidelines may help you stop wetting the bed:

1. Be responsible for yourself.

2. Keep a calendar of wet and dry nights.

3. Change your own bed, and if possible, help with or do the laundry.

4. Stop drinking all fluids 1 ½ to 2 hours before bedtime.

5. Avoid drinks like milk, soda, tea, coffee and chocolate in the evening and with supper. Some of these drinks have caffeine which causes the kidneys to make more urine.

6. Use the bathroom right before you go to bed.

7. Get plenty of sleep.

8. Do the Self Awakening Program (see below) every night before you go to sleep. This will help you teach yourself to wake-up when you need to urinate. You can learn to feel the fullness of your bladder even while you sleep. It does not help you learn to feel your full bladder if your parents need to wake you up.

9. Use the Bed-Wetting Alarm System as prescribed by your doctor.

Call __________________________ on ____________________________ to review your progress. Be sure to have your calendar with you when you call.

Self-awakening program:

1. Go to bed before you empty your bladder.

2. Practice doing the following 3 times:
   - Lie on your bed with your eyes closed.
   - Pretend it is the middle of the night.
   - Pretend your bladder is starting to feel full.
   - Pretend your bladder is trying to wake you up.
   - Pretend your bladder is saying "Get up before it is too late."
   - Run to the bathroom.
   - Urinate a small amount.
   - Return to bed.

3. Empty your bladder completely on the last practice run.

4. Remind yourself to get up if you need to urinate during the night.