



Bedwetting can be an embarrassing and frustrating condition...

Take action in three simple steps

Step 1: Feel confident that you can talk about it

Knowing the type of bedwetting you or your child may have can help you to start a conversation with your doctor.

Step 2: Complete the checklist

This will assist you in assessing whether bedwetting only occurs at night or whether other daytime symptoms are present. This information can help your doctor to determine the cause of the problem more readily.

Step 3: Take a copy of the checklist to your doctor

Ask for an assessment to determine the cause of bedwetting.
The treatment approach will depend on the type and cause of bedwetting

Tick the boxes which are relevant to you or your child and take this to your doctor

- | | |
|--|---|
| <input type="checkbox"/> Wetting occurs more than 4–6 times per month and it isn't improving | <input type="checkbox"/> Deep sleeper – difficulty rousing from sleep |
| <input type="checkbox"/> Family history of bedwetting (parents, uncles, aunts, siblings or grandparents) | <input type="checkbox"/> Waking up during the night to go to the toilet |
| <input type="checkbox"/> Parent and/or child is motivated to become dry | <input type="checkbox"/> Urgency to urinate |
| <input type="checkbox"/> Wetting occurs only at night | <input type="checkbox"/> History of urinary tract infections (including infections in the kidneys and/or bladder) |
| <input type="checkbox"/> Wetting occurs during the day as well as at night | <input type="checkbox"/> Constipation issues (past or present) |
| <input type="checkbox"/> Wetting occurs soon after falling asleep | <input type="checkbox"/> Wetting is interfering with social and/or school activities |
| <input type="checkbox"/> Consistently large wet patches or heavy pull ups which overflow (leak) | <input type="checkbox"/> Wetting issue is impacting on family life |