



Pediatric Surgical Associates, Ltd.

Patient and Family Education

Nocturnal Enuresis (Bedwetting)

What causes nocturnal enuresis?

Most children with nocturnal enuresis (nighttime bedwetting) have a delay in their ability to hold urine. Children develop bladder control at different ages. Medical conditions or emotional factors can also cause enuresis. Enuresis may run in some families. If your child urinates normally during the daytime and empties the bladder completely and has never had an infection, then it is very unlikely that anything is wrong in the urinary system.

How common is enuresis?

Up to 15% of five-year olds and 1-2% of 10 year olds wet the bed. It tends to be more common in boys.

Is there a treatment for enuresis?

Most children will stop bedwetting over time. Why this change happens is not known. It is important to tell your child that this is a temporary condition in order to help them maintain a positive self image. Patience and understanding are very important. There are some treatments that are available to help get your child through this problem. A treatment may work well for one child, but not at all for another.

Some things that may help your child stay dry are:

- Complete bladder emptying before bedtime
- Limiting fluids to some extent after dinner
- Positive reinforcement such as praise or awards to encourage participation by your child

When these do not work your doctor may suggest other treatments. These include medicines, alarm devices and behavior modification plans. Your pediatric urologist can help you decide the treatment best for your child.

If you have questions

If you have any questions or concerns, please call your child's doctor at Pediatric Surgical Associates at (612) 813-8000 or 1-800-992-6983.