

Won't they just grow out of it?

Each year about 14 % of children do grow out of wetting the bed. But bedwetting often doesn't resolve by itself – for some children, the problem continues into adulthood. In fact, bedwetting occurs in 2 - 3 % of adults.¹

How can I help my child or teenager?

- Reassure your child that this is a common problem and is not his/her fault⁷
- Encourage your child to go to the toilet frequently during the day, especially just before bedtime and on awakening⁷
- Reduce the amount of fluid consumed in the evening⁷
- Encourage physical activity⁷

Effective treatment is available.

If your child is 6 years of age or older, still wets the bed and is unhappy and uncomfortable about it, you should contact your doctor for advice.^{2,7}



References: 1. Caldwell P, et al. Management of childhood enuresis. *Med Today* 2008;**9**(8):16-24. 2. van Dyk JC, et al. South African guidelines for the management of nocturnal enuresis. *SAMJ* 2003;**93**(5):338-340. 3. Hjalmas K, et al. Nocturnal Enuresis: An International Evidence Based Management Strategy. *The Journal of Urology* 2004;**171**:2545-2561. 4. Butler RJ, et al. The Three Systems: a Conceptual Way of Understanding Nocturnal Enuresis. *Scand J Urol Nephrol*, 2000;**34**(4):270-277. 5. Butler R, et al. Overcoming parental intolerance in childhood nocturnal enuresis: a survey of professional opinion. *BJU Int* 2002;**89**:295-297. 6. Hägglöf B et al. Self-esteem Before and After Treatment in Children with Nocturnal Enuresis and Urinary Incontinence. *Scand J Urol Nephrol* 1996;79-82. 7. Neveus T, et al. Evaluation of and Treatment for Monosymptomatic Enuresis: A Standardization Document From the International Children's Continence Society. *J of Urology* 2010;**183**:441-447.

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BEDWETTING

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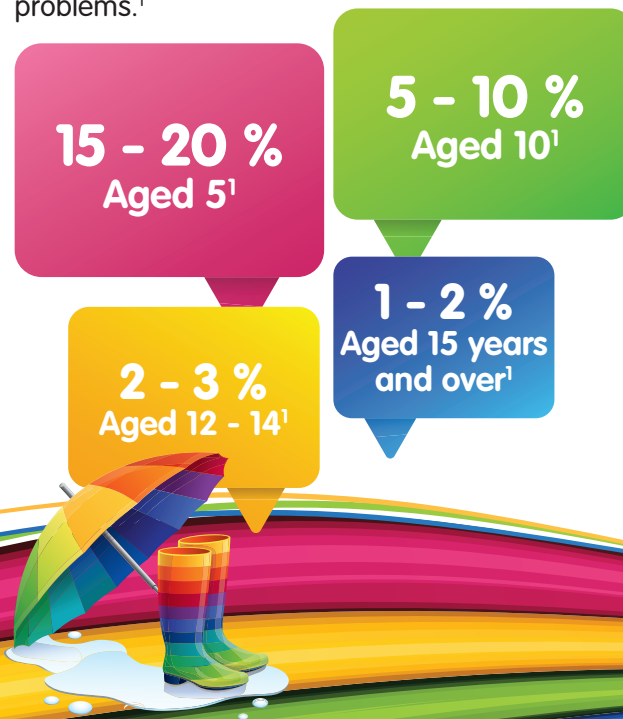
Bedwetting can be treated

Most children who wet the bed will eventually outgrow the condition, but for some this condition might persist into adulthood.¹

Most children have developed control of their bladder by the age of 5 years.² However, boys do tend to develop proper bladder control and maintain dryness at night later than girls.² Bedwetting at ages 6 - 7 years becomes problematic because the child is in school and may experience social problems.^{2,3}

How common is bedwetting?

Around 19 % of school-aged children wet the bed – it is one of the most common of all childhood problems.¹



What causes bedwetting?

Bedwetting can be caused by one or a combination of the following:⁴

Difficulty to rouse from sleep:⁴

When the child is asleep, the brain doesn't get the message that the full bladder needs to be emptied.

Overactive or twitchy bladder:⁴

If the bladder is overactive, the bladder muscle becomes "twitchy" and can only hold small amounts of urine. A "twitchy" bladder may spontaneously contract during sleep, which can result in wetting.

Overproduction of urine during the night:⁴

If the child has low levels of vasopressin (a naturally occurring substance) at night, they may produce more urine than the bladder can hold.



Why treat bedwetting?

When a child is very young, bedwetting may not seem like a concern, but as they get older, persistent bedwetting can be a distressing experience for both the child and the family.^{4,5}

By leaving it untreated, the child or teenager can suffer an increased risk of:^{1,4,5,6}

- Low self esteem
- Strong feelings of shame and guilt
- Avoidance of social activities
- Underachieving at school
- A sense of difference from others
- Victimisation

Clinical research has shown that bedwetting can have a significant negative impact on a child's emotional and social development.⁶

