

11 STEPS TO DEVELOPING BLADDER CONTROL

Daytime

1. Increase your intake of **Water Based** drinks- have 6-7 drinks throughout the day.
2. Use the toilet regularly for a wee- about every 2 hour or when you have a drink. Plan to go for a wee 6-7 times a day.

Evening

3. Have your last drink about **90 minutes** before bedtime.

Immediately before going to sleep

4. Make sure you empty your bladder properly. Boys sit to wee. Try “double Voiding”. Have a wee, get up have a jump or dance about, and then try again.
5. Get comfy and warm in bed; think to yourself “I will wake up for a wee if I need one”.

Overnight

6. **NO** lifting please. (If parents wish to toilet their child overnight, make sure the child is fully awake).
7. Child or Young Person Should be encouraged to try to go to the toilet if they wake up overnight. Make sure fear of dark or similar addressed.

After any dry nights

8. Make a note as to whether you woke to toilet (arousability) or slept through (release of vasopressin)

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Adapted from Butler,R.J (2006)Nocturnal Enuresis Resource Pack; ERIC 5th Edition

BLADDER TRAINING

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DRINKS

Drink water based drinks regularly throughout the day (stop around 90 minutes before bed)

Suggested daily intake for children and young people

Age	sex	total volume per day
4-8 years	female	1000-1400ml
	Male	1000-1400ml
9-13 years	female	1200-2100ml
	Male	1400-2300ml
14-18years	female	1400-2500ml

MEASURING BLADDER CAPACITY

You may be asked to measure how much you drink and how much you wee out over a couple of days.

Record how much you drink in mls and what you drank.

When you feel like your bladder is full- wee into a measuring jug

Make a note of the volume in mls.

You may be asked to record a couple of measures each week- avoid the first wee of the morning

TOILETING

Plan to go for a wee 6-7 times a day. You can go each time you have a drink or when there is a break at school – You decide.

If you get a sudden feeling that you need to wee-

Hold that feeling for the count of 5-

If the feeling goes away that's great, your bladder is working for you

If the feeling gets stronger, go for a wee straight away- that is you being in control

CHECK YOUR PROGRESS

You should find-

Less urgency

Increased bladder capacity

More dry nights

