

# BED-WETTING ALARM



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# 01 INTENSIVE NIGHTS HOME

## During the evening (around 6.00 p.m.)

- Have the bed-wetting alarm and underpants ready (far enough away from the bed).
- Make sure your child understands what will happen during the night. Repeat what he/she should do at different times: around bedtime, after every hour, in the event of an accident, and the next morning.
- Repeat the 5 pee-gym exercises: Tighten the pelvic floor for 5 seconds, and release for 5 seconds.
- Have your child drink a glass of a drink of their choice.

## In the evening, after dinner: 10 positive exercises

- Your child puts on the underpants and places the connected bed-wetting alarm far enough away from the bed.
- Your child goes to bed.
- Leave the alarm to go off until your child has got up and turned off the alarm.
- Let your child drink a few sips of water.
- Your child goes go back to bed and does the 5 pelvic floor muscle exercises (5 seconds tight, 5 seconds relax), sideways, with the top leg pulled up.
- Your child takes off the underpants and goes to the toilet. Make sure your child adopts the correct peeing position. Ask if your child needs to pee. If there is an urge to pee, he/she should be allowed to pee.
- Your child goes back to bed, puts on the underpants and switches on the alarm again. Let your child check if the sheets are still dry. Then back to bed and start over.

## Every hour after bedtime:

### 22 10.00 pm: first wake-up time

- Let the alarm go off and gently wake your child with the agreed **password** (consists of 2 steps).
- Leave the alarm to run until your child has got up and turned off the alarm.
- Let your child drink a few sips of water.
- Your child goes back to bed and does the 5 pelvic floor muscle exercises (5 seconds tight, 5 seconds relax), sideways, with the top leg pulled up.
- Your child takes off the underpants and goes to the toilet. Make sure your child adopts the correct peeing position. Ask if your child needs to pee. If there is an urge to pee, he/she should be allowed to pee.
- Put the underpants back on and switch on the alarm again.

- Back at the bed, your child feels whether the sheets are still dry and tells you what it feels like.
- Your child can go back to sleep until the next hour.

**11.00 pm: second wake-up time: repeat**

**Midnight: third wake-up time: repeat**

**1.00 am: fourth wake-up time: repeat**

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## Accident (alarm goes off)

- **Don't be angry or disappointed:** Accidents are very good learning opportunities. Thanks to the alarm, your child knows he/she has wet the bed (and that his/her bladder is full). This way your child learns to hold his/her pee in until he/she reaches the toilet.
- Your child turns off the alarm, possibly with help if this does not work within 1 to 2 minutes. Make sure your child always turns off the alarm him/herself.
- Tell your child in a neutral tone that he/she has wet the bed.
- Send your child to the toilet to finish peeing.
- Changing exercise: let your child change the underpants and sheets **him/herself** (with help – prepare the material in advance) and transfer the wet linen to the laundry basket.
- Reset the bed-wetting alarm.

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## Morning

- After the last wake-up time, your child (and yourself) can enjoy a sleep in.
- When waking up: emphasise the good elements and the reward (if agreed)



# 02 FOLLOW-UP TRAINING HOME

Follow-up training starts from the third night. This is a practice night.

## In the evening after dinner

### Start the first night with 10 positive exercises before going to sleep

- Your child puts on the underpants and places the connected bed-wetting alarm far enough away from the bed.
- Your child goes to bed.
- Leave the alarm to go off until your child has got up and turned off the alarm.
- Your child goes back to bed and does the 5 pelvic floor muscle exercises (5 seconds tight, 5 seconds relax), sideways, with the top leg pulled up.
- Your child takes off the underpants and goes to the toilet. Make sure your child adopts the correct peeing position. Ask if your child needs to pee. If there is an urge to pee, he/she should be allowed to pee.
- Your child goes back to bed, puts on the underpants and switches on the alarm again. Let your child check if the sheets are still dry. Then back to bed and start over.

### The following nights

- The following nights, only do the 10 positive exercises before bedtime if your child left a large puddle in the bed the previous night. If there is only a small amount of pee, your child only needs to perform 5 positive exercises before bedtime. If the mattress is completely dry or the child got up by his/herself: no positive exercises the next evening.
- Install the alarm far enough away from the bed.
- Tell your child that it is nice to stay dry, and make it clear that a changing exercise is necessary after an accident.
- During the first nights, it is best to have one parent stay up to check. Your child should switch the alarm on and off him/herself.
- Your child keeps a “bed-wetting alarm calendar”.

## Accident (alarm goes off)

- **Don't be angry or disappointed:** Accidents are great learning opportunities. Thanks to the alarm, your child knows he/she has wet the bed (and that his/her bladder is full). This way your child learns to hold his/her pee in until he/she reaches the toilet.
- Your child turns off the alarm, possibly with help if this does not work within 1 to 2 minutes.  
Make sure your child always turns off the alarm him/herself.
- Tell your child in a neutral tone that he/she has wet the bed.



- Send your child to the toilet to finish peeing.
- Changing exercise: let your child change the underpants and sheets **him/herself** (prepare the material in advance) and transfer the wet linen to the laundry basket.
- Reset the bed-wetting alarm.

## Your child is dry

- If your child is dry for 14 days in a row (slept through or got up on his/her own), hide the alarm clock for two weeks and then return it.
- In case of an accident (wet bed one time): wait and see; if necessary, repeat the pelvic floor exercises in the evening.
- If your child wets the bed twice in succession: contact Ghent University Hospital and follow the advice: restart with the bed-wetting alarm until your child is dry for 14 nights in a row (sleeping through or waking up by him/herself).

## 03 MEDICATION

Your child must take all medication as agreed with the doctor.

**Never** cut back on medication on your own. Medication is to be taken as agreed with the doctor. If you have any questions, please contact the doctor.



## 04 FLUID INTAKE AND BLADDER VOLUME

It is very important that your child strictly follows the advice regarding drinking, especially during the first three months. We recommend you measure the maximum bladder volume (superpee) once a week and write it down on the list that you received.

## 05 CHECKS AND FOLLOW-UP

- A telephone consultation after 2 weeks (time and date-stated on the appointment card).
- Consultation with the doctor after 1 month.

# 06 CALENDAR

			WET	WET	DRY	DRY	
Date	Number of exercises 0 / 5 / 10	Alarm Y / N	Big pee 10 exercises	Small pee 5 exercises	Wake up him/herself 0 exercises	Sleep through 0 exercises	Bladder volume ....ml

Keep drinking!

A super pee at least once a week. Objective: .....  
Morning volume after a dry night: .....  
Medication: .....



			WET	WET	DRY	DRY	
Date	Number of exercises 0 / 5 / 10	Alarm Y / N	Big pee 10 exercises	Small pee 5 exercises	Wake up him/herself 0 exercises	Sleep through 0 exercises	Bladder volume ....ml

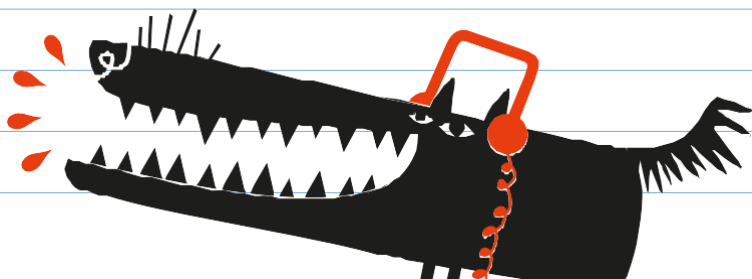
Keep drinking!

A super pee at least once a week. Objective: .....

Morning volume after a dry night: .....

Medication: .....

## NOTES



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