

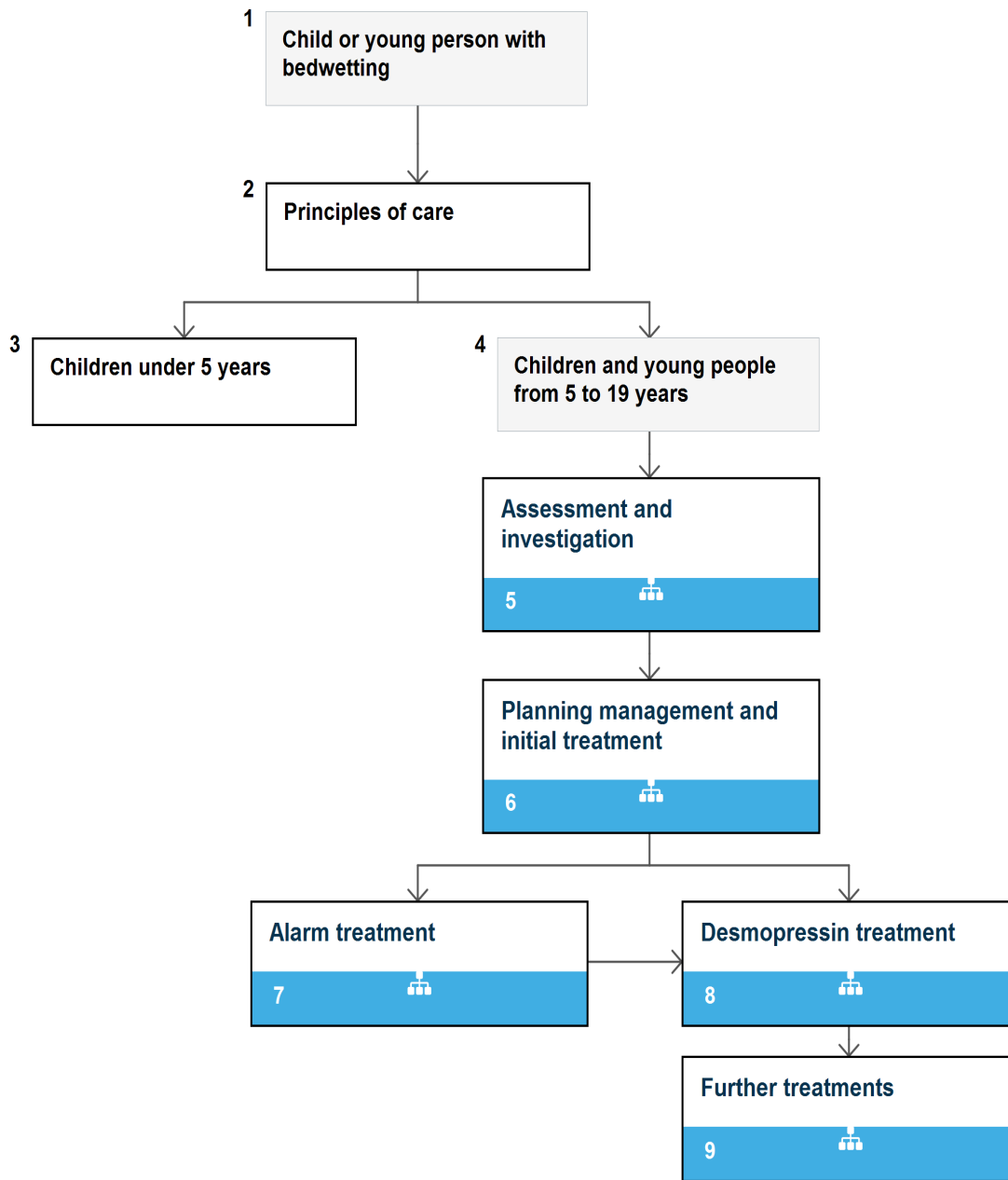
Bedwetting (nocturnal enuresis) in children and young people overview

A NICE pathway brings together all NICE guidance, quality standards and materials to support implementation on a specific topic area. The pathways are interactive and designed to be used online. This pdf version gives you a single pathway diagram and uses numbering to link the boxes in the diagram to the associated recommendations.

To view the online version of this pathway visit:

<http://pathways.nice.org.uk/pathways/bedwetting-nocturnal-enuresis-in-children-and-young-people>

Pathway last updated: 17 September 2014
Copyright © NICE 2014. All rights reserved



1 Child or young person with bedwetting

No additional information

2 Principles of care

Offer support, assessment and treatment tailored to the circumstances and needs of the child or young person and parents and carers.

Do not exclude younger children (under 7 years) from the management of bedwetting on the basis of age alone.

Explain that bedwetting is not the child or young person's fault and that punitive measures should not be used for the management of bedwetting.

3 Children under 5 years

These recommendations describe situations where healthcare professionals can offer useful advice and interventions to children under 5 years with bedwetting.

Reassure parents or carers that many children under 5 years wet the bed (for example, approximately one in five children aged 4 and a half years wet the bed at least once a week).

Ask whether toilet training has been attempted. If not, ask about the reasons for this and offer advice and support. Advise parents or carers to toilet train their child unless there are reasons why it should not be attempted.

Advise parents or carers to take their child to the toilet if the child wakes during the night.

Suggest a trial of 2 nights in a row without nappies or pull-ups for a child who has been toilet trained during the day for at least 6 months. Offer advice on alternative bed protection. Consider a longer trial if the family circumstances allow it, for older under 5s or if a reduction in wetness is achieved.

Consider further assessment and investigation to exclude a specific medical problem for children over 2 years who, despite awareness of toileting needs and showing appropriate toileting behaviour, are struggling not to wet themselves during the day as well as the night.

Assess for constipation, in line with the NICE pathway on [constipation](#).

4 Children and young people from 5 to 19 years

No additional information

5 Assessment and investigation

[See Bedwetting \(nocturnal enuresis\) in children and young people / Assessment and investigation of nocturnal enuresis in children and young people](#)

6 Planning management and initial treatment

[See Bedwetting \(nocturnal enuresis\) in children and young people / Planning management and initial treatment of nocturnal enuresis in children and young people](#)

7 Alarm treatment

[See Bedwetting \(nocturnal enuresis\) in children and young people / Alarm treatment for nocturnal enuresis in children and young people](#)

8 Desmopressin treatment

[See Bedwetting \(nocturnal enuresis\) in children and young people / Desmopressin treatment for nocturnal enuresis in children and young people](#)

9 Further treatments

[See Bedwetting \(nocturnal enuresis\) in children and young people / Further treatments for nocturnal enuresis in children and young people](#)

Sources

Nocturnal enuresis: the management of bedwetting in children and young people. NICE clinical guideline 111 (2010)

Your responsibility

The guidance in this pathway represents the view of NICE, which was arrived at after careful consideration of the evidence available. Those working in the NHS, local authorities, the wider public, voluntary and community sectors and the private sector should take it into account when carrying out their professional, managerial or voluntary duties. Implementation of this guidance is the responsibility of local commissioners and/or providers. Commissioners and providers are reminded that it is their responsibility to implement the guidance, in their local context, in light of their duties to avoid unlawful discrimination and to have regard to promoting equality of opportunity. Nothing in this guidance should be interpreted in a way which would be inconsistent with compliance with those duties.

Copyright

Copyright © National Institute for Health and Care Excellence 2014. All rights reserved. NICE copyright material can be downloaded for private research and study, and may be reproduced for educational and not-for-profit purposes. No reproduction by or for commercial organisations, or for commercial purposes, is allowed without the written permission of NICE.

Contact NICE

National Institute for Health and Care Excellence
Level 1A, City Tower
Piccadilly Plaza
Manchester
M1 4BT

www.nice.org.uk

nice@nice.org.uk

0845 003 7781