







Nocturnal Enuresis

NAME OF CHILD		D.O.B.	
DATE:		TIME:	

PRIMARY (Never been dry at night)	SECONDARY (Previously dry for at least 6 months)
	
Initial Advice <ul style="list-style-type: none"> • Reassure • Take history to assess for constipation (address first) • Advice on fluids using fluid matrix <ul style="list-style-type: none"> ○ 7-8 drinks per day ○ At least 5 drinks before 4pm ○ Avoid trigger drinks • Avoid <ul style="list-style-type: none"> ○ Caffeinated drinks ○ Carbonated drinks ○ Blackcurrant ○ Fruit juice • Advice on regular toileting (eg position, times of day, 4-7 times) • Discuss using reward charts • Send information leaflets • Signpost to eric/bladder and bowel uk 	Advise to see GP for physical examination to rule out any underlying organic cause.
	
Advise to call back in 4 weeks	
	
Follow up <ul style="list-style-type: none"> • Review progress <ul style="list-style-type: none"> ○ Laxatives ○ Drinking ○ Toileting routines 	
	
If after following all advice no progress is being made, advise return to GP	