

According to the WHO bed-wetting is a disease that must be treated. This is not the place for experiments!

Bed-wetting is a taboo topic that is not talked about in many families. And it is exactly for this reason that it becomes such a huge problem for the bed-wetting children and their families. If we can't talk about it, however, we can't cure it.

You have just discussed your child's bed-wetting problem with your doctor. In so doing, you have already taken a very important step toward a solution. In many cases, children who wet the bed at night can be helped by medication.

To investigate your child's problem thoroughly, your doctor will perform a physical examination, examine your child's kidneys and urinary bladder via ultrasound, analyse the child's urine, and ask the child to keep a Urination Journal with your assistance.

To obtain reliable diagnostic input that will enable him/her to select the right treatment for your child, your doctor will need more information about the volumes of urine your child produces during the day and at night. This is why it is so important to keep a Urination Journal! You will need two days for this Urination Journal. It is usually best to complete the Journal on a weekend. Don't forget: the information about your child's bowel movements is also very important!

Follow the steps described below:

1. Measure how much your child drinks!

From Saturday morning until Monday morning, enter the volume your child drinks and the time in the correct fields in the Journal (regardless of the type of beverage).

2. Measure the volume of urine your child voids!

From Saturday morning until Monday morning your child should urinate exclusively into a measuring beaker with a graduated scale. Read the volume in millilitre (ml) from the beaker and enter this number (plus the time) in the correct field in the Urination Journal.

You will have to wake your child twice on Saturday night (or early Sunday morning) and on Sunday night (or early Monday morning). The best way to do this is to set an alarm clock.

Wake your child for the first time two hours after he or she has fallen asleep and have the child urinate into the beaker. Enter the measured amount in the correct field.

Three hours later wake your child for the second time and repeat this procedure.

Shortly after your child wakes up on Sunday morning, measure the volume of urine for the third time and enter this volume in the "night-time" column.

Please don't forget to wake your child up again twice on Sunday night or early Monday morning; enter the volumes of urine you measure in the beaker in the same manner.

Filling in the Journal is a complicated process that involves a lot of effort. Please bear in mind nevertheless that it is of extreme importance for the correct diagnosis!

Hint: If your child has trouble urinating into the measuring beaker, weigh the child's diaper in a dry state and later in a wet state. The difference between these two values will be the volume of urine voided.

If you are unclear about anything, please do not hesitate to ask your doctor.

Doctor's stamp and phone number: