CLÍNICA VIVALDI · FREE SHEET · ELIMINATION

Enuresis

Repeated urination in bed or on clothing from the age of five, involuntarily or intentionally.

COMMON SIGNS

- Wetting the bed several times a week
- Shame or avoiding sleeping away from home
- No medical cause to explain it

TIPS FOR YOU

1. Rule out medical causes with the paediatrician
2. Enuresis alarm and positive reinforcement
3. Never punish or ridicule

FOR FAMILY AND FRIENDS

1. Never punish or ridicule them
2. Praise dry nights without making a fuss about wet ones

WHEN TO ASK FOR HELP

1. If it starts again after months of being dry
2. If there is pain, excessive thirst or daytime accidents

TO OBSERVE AND NOTE DOWN

☐ Wets the bed at night
☐ Is over five years old
☐ It happens several times a week
☐ It also happens during the day
☐ Feels ashamed
☐ Avoids sleeping away from home
☐ Sleeps very deeply
☐ Had stopped and it has started happening again

FREE RESOURCES

- Online test and tips: clinicavivaldi.com/en/trastorno/enuresis
- Free guide: Childhood and youth: clinicavivaldi.com/en/guia-infancia-juventud
- In Spain: 024 suicide crisis line (24 h) · Emergencies 112

Educational information, not a diagnosis. Clínica Vivaldi · Calle Chiva 25, door 5, 46018 Valencia, Spain · +34 611 07 74 69 · clinicavivaldi.com