

Bedwetting in children and young people

Information for the public

Published: 18 September 2014

nice.org.uk

About this information

NICE quality standards help to improve key areas of health or social care so that people are offered the best care available.

This information explains the care and support described in NICE quality standard 70 on nocturnal enuresis (bedwetting) in children and young people.

Bedwetting

The quality standard is made up of 5 statements that describe high-quality care for children and young people with bedwetting. These statements set out the quality of care they should receive.

1. Children and young people who are bedwetting have an assessment in which they (and their parents or carers if appropriate) are asked questions to help work out what is happening, what might be causing it, and to find out more about any other relevant problems they might have.
2. Children and young people who are bedwetting who are given advice about changing their daily routine to help with bedwetting (or whose parents or carers are given advice) have an agreed date to review how they are getting on and if any other treatment is needed.
3. Children and young people with bedwetting that hasn't improved after changing their daily routine (and their parents or carers if appropriate) discuss possible treatment (such as a bedwetting alarm or medication) with their healthcare professional.

4. Children and young people who are bedwetting have an agreed plan for their treatment (such as using a bedwetting alarm or taking medication) and are able to get the treatment in their plan.

5. Children and young people with bedwetting that hasn't improved after trying initial treatments (such as a bedwetting alarm and/or medication) are referred to a specialist who can provide extra support.

Your care

Your health and social care team should explain any treatment, care or support you should be offered so that you can decide together what is best for you.

More information is available on the NICE website about [using health and social care services](#).

More information on bedwetting in children and young people

NICE has also produced guidance (advice) on [nocturnal enuresis](#). The guidance was used to develop this quality standard.

Sources of advice and support for children and young people with bedwetting, their families and carers

- ERIC (Education and Resources for Improving Childhood Continence), 0845 370 8008
www.eric.org.uk
- PromoCon, 0161 607 8219
www.promocon.co.uk

You can also go to [NHS Choices](#) for more information about health and social care.

NICE is not responsible for the quality or accuracy of any information or advice provided by these organisations.

A number of organisations who share NICE's commitment to improving quality in this area formally support this quality standard. They may also be able to provide advice and support. For a list of these organisations see the [nocturnal enuresis quality standard](#) on the NICE website.

ISBN: 978-1-4731-0736-6

Accreditation

