

Talk about Day-Time Bladder Problems



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This booklet has been produced to help children understand about day-time wetting and other bladder problems. It explains why it happens and what can help things get better.

It is important to remember that day-time wetting is not the child's fault and is not caused by anything you or your child has or has not done in the past.

This problem can be helped. Treatments often take a while to work and relapses can happen.

Try and praise your child for their efforts to become dry as often as you can and always seek further help from your nurse or doctor.



When you go to the toilet you should always make sure you sit back, with your feet flat on a stool or step if they do not reach the floor.

What is an Over Active Bladder (OAB)?

Urine (wee) is made in the kidneys and stored in the bladder, which is like a stretchy balloon, and when it is full it sends a message to your brain telling you that you need a wee. It's a bit like a telephone message; your bladder gives you a call and tells you to go to the toilet.

An 'over active bladder' is sometimes also called 'detrusor instability' or 'unstable bladder'. What this means is that instead of your bladder allowing itself to fill with urine before it sends a signal to your brain that it needs to empty, your bladder wants to empty before it is full.

You may have a problem with 'frequency' which means you feel like you need to wee very often or 'urgency' which means you get very little warning that you need to wee and have to dash to get to the toilet in time.

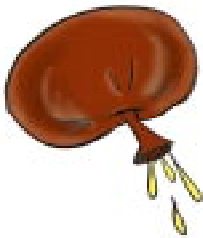
It is a very common problem and affects lots of children over the age of 5 years (about 1-2 children in a class of 30).



Wee is made in your kidneys.



It is then stored in your bladder.



Which should only empty when it is full.

This picture shows your bladder and kidneys - do you know which is which?



Why does day-time wetting happen?

Day time wetting can happen for lots of reasons. This might be because:

- Your bladder is not big enough to hold on to your wee.
- Your bladder is big enough but becomes 'twitchy' and empties before it is full, a bit like it having the hiccups.
- You may be busy and sometimes forget to listen to your bladder telling you it needs a wee.
- Sometimes you can try to hold on and have to 'dance about' but you may not be able to hold the wee in and some dribbles out.



'Holding on' instead of going to the toilet to have a wee will not help your bladder work properly.

What else can cause day-time wetting?

Constipation

If you are not doing a poo often enough the poo will collect in your bottom and squash against your bladder making it less able to hold on to your wee

Drinks

Sometimes, if you drink too little or too much of a certain type of drink it can irritate your bladder and make you want to wee more often or increases the risk of you wetting

Not getting to the toilet in time

If you 'hold on' instead of going to the toilet when you feel you need to wee you are more likely to wet

Infection

If you have a urinary tract infection (UTI) this can make you want to go to the toilet more often and also increase the risk of wetting accidents. It may also be a bit sore when you wee so it is important to tell someone that it hurts. Leaving wet pants on could mean that you get a urine infection.



Thinking "123 Do I need a wee...?" will help remind you to go to the toilet.

Getting your bladder to work better

You can also do things that will help your bladder get bigger and stronger. This is sometimes called 'bladder training'. Your doctor or nurse may also suggest you take some medicine which helps the bladder relax. What does 'bladder training' involve? You may be asked to:

- Record on a chart whenever you have a wee or a drink.
- Try different types of drinks to see which ones make the wetting worse and then avoid drinking them.
- Measure how much wee you are doing. You can work out how much your bladder should hold for your age by using the following equation 'your age \times 30 + 30 = average bladder capacity'
- Ensure you have a drink every 2 hours or so
- Go for a wee every $1\frac{1}{2}$ - 2 hours.
- Make sure you sit on the toilet properly (for girls) with feet supported on a step.
- Do not rush having a wee, take your time to ensure you empty your bladder completely, you can try counting while you have a wee, make sure you sit there for 10 - 20 seconds after you have finished.



Some children 'dance around' instead of
going straight to the toilet for a wee
- do you sometimes do this?

What can help me get better?

Speak to your school nurse, health visitor or doctor who will help work out what makes you have wetting accidents or why you have to dash to the toilet for a wee. Knowing what causes the problem can help decide what the best treatment will be for you.

What can I do to help?

- Make sure you are drinking 6-8 water based drinks each day (including 3 at school)
- Think of the rhyme "123 do I need a wee?" to prompt you to go to the toilet.
- If you have a wetting accident change wet pants straight away.
- Girls should remember to wipe their bottoms from front to back to reduce the risk of 'germs' getting into the bladder.
- Make sure you don't get constipated by eating lots of fruit and vegetables and tell someone if you are doing less than 3 poos per week.
- We know it is not your fault the wetting happens but it is important that you do try hard to get dry by doing the things above and follow the treatment advice given by your nurse or doctor.



MON	TUES	WED	THU	FRI	SAT	SUN
X	X	X	X	X	X	X
X	X					
X						

Can you name the things that will help your bladder work better?

Medication

Anticholinergics

Sometimes medication is prescribed to help with the bladder problem and wetting, especially if it is thought it is due to an 'over active' bladder.

These medicines help you bladder to stop having the hiccups and help it to relax. Some times when you take a medicine it can do more than one thing and these things you may not want to happen, are called 'side effects'.

You will need to talk to your doctor or nurse about any side effects you might have if you try the medicine. You wont have to stay on the medicine for a long time and it can work best if you are trying hard and maybe doing some bladder training as well.

Antibiotics

If you have had an infection in your bladder you may have to take medicine called antibiotics to help stop the infection coming back.



Some children need to take medicine to help them stay dry.

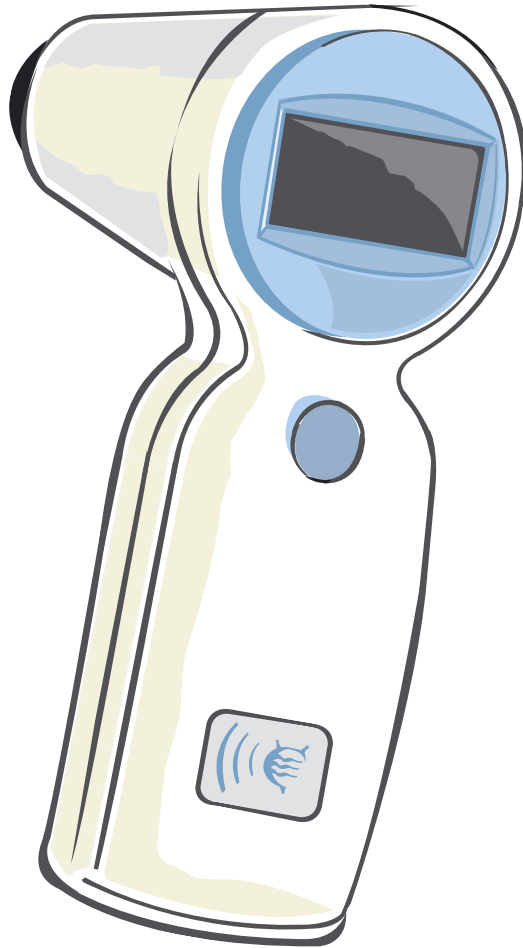
What is a BladderScan®?

Sometimes the nurse may want to check your bladder to make sure that when you do a wee your bladder empties completely.

If your bladder does not empty properly it can mean that you are more likely to get an infection and also wet more.

The nurse can check if any wee is left in your bladder by using a special machine called a 'bladder scanner'. The BladderScan® is able to take a picture of your bladder and measure if any wee is there.

The nurse will put a piece of equipment called a 'probe' on your tummy and this sends a picture to another part of the machine which measures how much wee is in your bladder. It is quick and easy to do, and you won't feel anything at all.



This picture shows a BladderScan® Bladder Volume Instrument.

This is the name of the person who can help you get better.

Name.....

Telephone number

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PromoCon, working as part of Disabled Living Manchester, provides impartial advice and information regarding products and services for children and adults with bowel and/or bladder problems

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Education and resources for improving childhood continence

This booklet is part of a series for children with bowel and/or bladder problems.

The booklet gives a simple explanation of the problems the child is having. They also give practical advice about how to help.

Titles of other booklets currently available in this series:

'Talk about going to the toilet'

'Talk about constipation'

'Talk about bedwetting'

Illustrations: Les Eaves

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