



SEVEN STEPS TO
Nighttime
Dryness

A Practical Guide for Parents of Children with Bedwetting

BY RENEE MERCER, MSN, CPNP

Certified Pediatric Nurse Practitioner

Seven Steps to Nighttime Dryness: A Practical Guide for Parents of Children with Bedwetting

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Visit <http://www.bedwettinghandbook.com> for additional bedwetting information and resources mentioned in this book.

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About the Author

Renee Mercer is a Certified Pediatric Nurse Practitioner specializing in the treatment of children with enuresis, or bedwetting. She sees children with bedwetting and daytime wetting in her private practice, Enuresis Associates, in Elkridge, Maryland. Renee has more than 25 years of experience in pediatrics. She developed her interest in enuresis after appreciating the great unmet need of children with bedwetting. She works closely with families in their quest for dryness and has a tremendous success rate.

After years of frustration finding suitable products for children with bedwetting, Renee co-founded the Bedwetting Store, (<http://www.bedwettingstore.com>) a comprehensive online and catalog source for bedwetting alarms, waterproof bedding and pads, products for daytime wetting and information to assist children in achieving dryness. She regularly blogs to answer questions and provide the newest bedwetting information to families on <http://www.bedwettingstore.com/blog>.

Renee lives with her husband and three sons in Maryland.

Glossary

Anti-diuretic hormone (ADH)

also known as vasopressin; hormone secreted by the pituitary gland that regulates the excretion of urine by the kidney.

Bladder

small muscular balloon that stores urine.

Constipation

hard, dry or infrequent bowel movements.

Desmopressin

a synthetic hormone used to supplement naturally secreted vasopressin; reduces the amount of urine produced by the kidney; also known by trademark DDAVP.

Diurnal enuresis

wetting that occurs in the daytime while awake.

Encopresis

soiling of bowel movement in the underwear by a child who is over 4 years old.

Enuresis

an involuntary discharge of urine not due to structural urologic factors; wetting. Can be further defined as diurnal, nocturnal, primary or secondary.

Frequency

how often urination occurs; increased frequency may occur with small bladder capacity or urinary infections; average person urinates five to nine times per day.

Functional bladder capacity

the amount of urine the bladder holds when it alerts the brain that it is full.

Hormone

a substance produced by an organ that travels by the bloodstream to act upon a distant tissue.

Kidney

a paired organ in the body that produces urine.

Lifting

a technique where the child is awakened or carried to the bathroom to urinate.

Nocturnal enuresis

wetting that occurs during sleep.

Oxybutynin

a medication that allows bladder muscles to relax and hold more urine; also known by trademark Ditropan.

Pelvic floor muscles

groin muscles that help to control the flow of urine.

Primary enuresis

wetting that has always been present (primary nocturnal enuresis is wetting that has always been present during sleep).

Relapse

two or more wet nights in a week after a prolonged period of dryness.

Secondary enuresis

wetting that occurs after at least six months of consistent dryness.

Serotonin

a substance that regulates cyclic body processes such as sleep and memory.

Timed voiding

emptying bladder during the day at regular intervals of time (e.g., every two hours).

Timed voiding program

technique using a device such as a watch or timer to vibrate or sound as a reminder to urinate.

Tryptophan

an amino acid formed from protein during digestion, triggers serotonin release.

Urgency

the sensation of the need to urinate very soon.

Ureter

small tube that carries urine from the kidney to the bladder.

Urethra

tube that carries urine from the bladder to the outside of the body.

Urinary system

responsible for producing urine, storing it and getting rid of it.

Urinary tract infection (UTI)

a condition where bacteria (germs) grow anywhere along the tracts where the urine passes, causing an infection. Can occur in the kidney, ureter, bladder or urethra.

Vasopressin

see anti-diuretic hormone (ADH).

Voiding

the act of excreting urine.

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