

BEDWETTING ALARM

Information Guide for Parents

WHAT IS THE BEDWETTING ALARM AND HOW DOES IT WORK?

The alarm is the most successful means to treat bedwetting. It is a form of “conditioning therapy”. Conditioning therapy is teaching someone to respond to a specific stimulus. In this case, the child is “conditioned” to awaken as the bladder becomes full. The child will either awaken just before urinating, or will learn to suppress a bladder contraction (which might cause him or her to wet) and thus sleep through the night and be dry.

The alarm unit is attached to the underwear or pajamas and goes off when it senses moisture. It is designed to wake up the child when he or she begins to wet. Treatment can last anywhere from about 1 to 6 months.

WHO ARE GOOD CANDIDATES FOR THE ALARM?

Generally, treatment is successful in any child who is motivated and ready to be dry. A motivated and committed parent is necessary as well.

OTHER INFORMATIVE FACTS:

- The cure rate is about 70-80%. Relapses are possible, but retreatment often has favorable results.
- The child may need to be awakened when the alarm goes off if he or she is a deep sleeper. The alarm could be very disturbing to the family. **A MOTIVATED PATIENT AND FAMILY ARE BENEFICIAL TO THE SUCCESSFUL OUTCOME OF THIS TYPE OF TREATMENT.**
- Significant improvement may not be observed in the first month or two. Be Patient!

HOW DO WE GET STARTED?

1. Shopping For The Alarm – Alarms must be purchased by telephone/mail order or online. These are 2 available sources:
 - Pottymd.com (877) 768-8963
 - Bedwettingstore.com (800) 214-9605
2. When selecting an alarm, keep in mind a sounding alarm or a sounding/vibrating alarm is recommended. Many bedwetters do not awaken easily.
3. Follow the recommended instructions from the manufacturer.
4. In most cases a parent must awaken the child who sleeps through the alarm. The parent must be in a location where they can hear the alarm. Also, using/borrowing a “baby monitor” may be helpful.
5. It is very important for the child to awaken and void as soon as the alarm is triggered. In the early stages of treatment, the patient may awaken during or after urinating. A family member may need to awaken him or her and assist them to the toilet. Eventually, the child will learn to awaken just prior to urinating.