

It's great to be invited to a sleepover with friends – and school camps and trips away can be exciting too!

You might be nervous about doing something new on your own, or afraid that your bladder or bowel may let you down and that you might have an 'accident' while you are away from home.

Don't worry, you won't be the only one to feel like this.



Be Prepared

1. Ask your Mum, Dad or Carer to talk to the person in charge of the stay away as soon as possible.
2. You can arrange to be woken before your friends, to deal with any wet beds in private. You may need extra time in the morning to go to the loo. Together you could arrange a code word or special signal to ask for help and no-one else will know.

3. Your doctor can tell you about a medication called desmopressin. If you wet the bed, it may help you to hold on until morning, but it doesn't work for everyone. You'll need to try it before you go away.

4. Don't forget your medicines. Lots of other children will have them, and the adult in charge will look after them for you.

5. Remember to have 6-8 drinks a day. Fizzy drinks could make you wee more, so water is best.

6. If you are using an enuresis alarm, talk to your nurse about what you should do while you are away.

7. If you are going on a long journey by coach or plane, try to sit near a toilet. You may also need extra pads or absorbent pants.

8. Remember, beds and clothing can get wet for many reasons, such as being sweaty, or spilling drinks.

Be Positive

This leaflet will help you to enjoy your trip away with confidence.

Tell your Mum, Dad or Carer you would really like to go on the trip. Then plan it together.

Remember that teachers and organisers will help you sort any worries out – and you can ask them to keep things private.

You are not alone, many young people need help when away from home.

A friend may also need help for something; you can then support each other.

You may not wet the bed, sometimes just being in a new place can make you wake up if you want a wee.

Don't worry, other people have accidents too!

