

Self-help measures*

- Fluid intake - adequate fluid intake will help to stretch the bladder and improve bladder capacity. Encourage the child to have at least 6-8 drinks spread throughout the day. See the table on 6A
- Avoid certain drinks such as coffee, tea, hot chocolate, blackcurrant and fizzy drinks as they have a diuretic action. They tend to make the child wee more often
- Dietary products that can increase bladder activity include orange juice (the result of potassium irritation), tomato products and spicy foods⁸. Hence, it may help to avoid them in a child with an overactive bladder
- Keep a diary of dry nights
- Ensure the child goes to the toilet at regular intervals – about 4 to 7 times a day⁷
- Ask the child to pass urine before bedtime. The child should take time to relax and empty the bladder completely at each toilet visit

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- Encourage the child to come out of pull-ups as soon as possible if they are still wearing them after the age of 5 years
- Make sure the bed is well protected – protective covers on the mattress, duvets and pillow case
- Keep a light on in the corridor in case the child is afraid of the dark and not willing to get up to go to the toilet. Also avoid the top bunk bed
- Encourage the child to have a high fibre diet (plenty of fruit and vegetables) to avoid constipation

Advice for parents/carers, child or young person⁷

1. Regular and adequate fluid intake
2. Regular toilet visits with relaxed voiding
3. Eat a healthy diet
4. Lifting/waking at night is not helpful. A young person can try self-waking to alarm clock/mobile phone alarm
5. Try rewards for agreed behaviour rather than dry nights, e.g. complying with drinks, regular toilet visits and other treatments