



SICKLE CELL CLINIC

Bedwetting

What is Enuresis?

- Enuresis is the medical term for urinating when you do not want to.
- When it happens at night, it is often called bedwetting.
- It occurs more often in sickle cell patients than in other people.

Why does bedwetting occur more in sickle cell disease?

In sickle cell disease, the kidney does not do a good job of bringing water back into your body. This makes you have more urine to pee out. When this happens at night and patients are in a deep sleep, they are more likely to have bedwetting. In some clinical studies, bedwetting has been seen in up to half of children or teenagers with sickle cell disease.

What can I do to stop bedwetting?

Bedwetting often occurs during a deep sleep and the patient does not realize they have urinated in the bed. Punishment will not stop a patient from having a deep sleep and is not effective therapy for bedwetting. Some tips that may improve bedwetting include:

- ✓ **Limiting nighttime drinks:** We suggest not drinking fluids after dinner.
- ✓ **Double urination before bedtime:** We suggest urinating before you go to bed and then waiting 5 min and trying to urinate again. This will help patients try to completely empty the bladder of urine before going to bed.
- ✓ **Set an alarm:** If bedwetting occurs at about the same time every night, set an alarm so that you can wake up to urinate before you wet the bed.
- ✓ **Avoid caffeine:** Caffeine makes us urinate. You should not have caffeine drinks after dinner. Caffeine drinks include soda, tea, coffee.
- ✓ **Bed pads:** It may take time before the bedwetting stops so we suggest buying a washable, reusable bed pad which is easier to clean.