

Table 3-1

## THE BEDWETTING ALARM

### *What Is It?*

The bedwetting alarm has two parts:

- A moisture sensor attached to underwear
- A small alarm box attached to the shoulder area of nightwear

The alarm rings when your child wets the bed.

### *How Does It Work?*

There are several ideas about how the alarm works:

- The alarm signals your child to wake up because the bladder is full
- The alarm may also increase the amount of urine your child can hold

### *Will It Work?*

About 15% of children with bedwetting get better on their own each year. And yet...

- 5% of all 10-year-old children wet the bed
- 1% of all 15-year-old teenagers wet the bed

The bedwetting alarm is a way to shorten the wait until bedwetting stops. It works for 60% to 70% of children who try it!

### *How Long Will It Take?*

It may take from 3 to 4 months to see mostly dry nights. BUT...in a few weeks you should see some progress:

- The wet spot may get smaller
- Your child wets fewer times each night

### *Additional Resources:*

- [www.bedwettingstore.com](http://www.bedwettingstore.com)
- *Seven Steps to Nighttime Dryness* by Renee Mercer
- *Getting to Dry* by Max Maizels, Diane Rosenbaum, and Barbara Keating
- *Overcoming Bladder and Bowel Problems in Children* by D. Preston Smith
- *Waking Up Dry* by Howard J. Bennett

## IMIPRAMINE

Imipramine, a tricyclic antidepressant, has been prescribed to treat nocturnal enuresis since the early 1960s. Despite long usage and study, the exact mechanism of action remains unclear. The greatest success is achieved with older children and averages around 50%. There is a high relapse rate once medication is withdrawn. A major concern with