

H36 Bed Wetting Device

September 2007

Intro: Bed wetting is very common. Approximately ten-percent of all children ages 5 to fourteen wake up in soggy sheets. It's uncomfortable and embarrassing. And if your child is worried about it or has ever avoided a sleep over because of it, you might want to seek help. More from Mayo Clinic on a device that trains kids to stay dry without medication.

Video

Total running time 1:45

Audio

EIGHT-YEAR-OLD ANNA COOK IS VERY PROUD OF HER ROOM. AND SHE THINKS HER BED IS JUST THE BEST.

"IT'S REALLY COMFORTABLE. AND IT'S COZY AND IT'S SOFT."

BUT ABOUT A YEAR AGO ANNA'S BED WAS NOT ALWAYS SO GREAT.

THAT'S BECAUSE SHE WET IT.

ALMOST EVERY NIGHT.

"IT WAS COLD AND UNCOMFORTABLE."

"WE ALWAYS HAD THE SOAKING BED. A SOAKING BED."

ANNA'S MOM KATHY AND DAD BRIAN WERE CONCERNED THAT WETTING THE BED WAS

Anna Cook

Used to wet the bed

Kathy Cook

Anna's Mom

**Michael Mellon,
Mayo Clinic Psychologist**

**Standup
Vivien Williams
Reporting**

To Dr. Mellon with device

TROUBLING ANNA WHO WAS 7 AT THE TIME. SO THEY WENT TO MAYO CLINIC TO FIND OUT WHY KIDS WET THE BED AND WHAT THEY COULD DO ABOUT IT.

“I THINK THE BEST EXPLANATION IS AN IMMATURITY IN THE MATURATION OF THE NERVOUS SYSTEM.”

DR. MICHAEL MELLON SAYS SOMETIMES IT TAKES TIME FOR A CHILD'S BRAIN TO SENSE WHEN A BLADDER'S FULL. SO TO STOP THE WETTING CYCLE YOU HAVE TWO OPTIONS. ONE IS A MEDICATION CALLED DESMOPRESSIN, OR DDAVP. IT LASTS FOR 6 HOURS AND IS GREAT IF A CHILD WANTS TO SLEEP OVER AT A FRIENDS. BUT WHEN YOU STOP TAKING IT YOU START WETTING AGAIN. THE OTHER, MORE EFFECTIVE OPTION IS A DEVICE CALLED THE URINE

ALARM. IT HELPS TRAIN YOUR NERVOUS SYSTEM SO YOU STAY DRY ALL NIGHT.

Michael Mellon, Ph.D.
Mayo Clinic Psychologist

“THIS IS A MOISTURE SENSITIVE DEVICE THAT WHEN A CHILD WETS IT ACTIVATED AN AUDITORY ALARM.”

KIDS WAKE UP, TURN IT OFF AND HEAD TO THE BATHROOM TO GO. IT TAKES A THREE TO FOUR MONTH COMMITMENT TO SEE RESULTS.

Anna Cook

“ANNA, MOM AND DAD AGREE TO CARRY OUT THE TRAINING...” BUT RESEARCH SHOWS AFTER TREATMENT 75-PERCENT OF KIDS BECOME DRY AND STAY DRY. KIDS LIKE ANNA.

FOR MEDICAL EDGE, I’M VIVIEN WILLIAMS.

Anchor tag:

Anna’s family says the alarm was a bit disruptive at first because it woke them all up. But they got used to it and are thrilled that Anna no longer has to worry about wetting the bed.

There are two main styles of alarm. One is a pad the child sleeps on which is used at Mayo Clinic. The other is a device that attaches to the child’s clothes.

Dr. Mellon warns that while the alarms are available on the internet, the treatment is most effective delivered under the supervision of a health care provider. For more information on the urine alarm, visit our Website at...**[STATIONS: Per the licensing agreement, please provide a link from your station's website to <http://www.mayoclinic.org> or voice tag "mayoclinic.org" for more information.]**