

## Nocturnal Enuresis

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### Key Amendments

Date	Amendment	Approved by
19 <sup>th</sup> Nov 2020	Document extended for 1 year	Dr J West/Paediatric QIM
26th March 2021	Approved with no amendments	Paediatric QIM
9 <sup>th</sup> Feb 24	Document approved with no amendments	Paediatric Guideline Review

### Introduction

The NICE guideline makes recommendations on the assessment and management of bedwetting in children and young people.

- It applies to children and young people up to 19 years with the symptom of bedwetting. There is no minimum age limit to allow consideration of the benefit of interventions in younger children -(under 7 years) previously excluded from treatment.
- The causes of bedwetting are not fully understood. There are a number of different disturbances of physiology that may be associated with bedwetting, such as sleep arousal difficulties, polyuria and bladder dysfunction. It often runs in families.
- The term 'bedwetting' is used in this guideline to describe the symptom of involuntary wetting during sleep without any inherent suggestion of frequency of bedwetting or pathophysiology.
- The treatment of bedwetting has a positive effect on the self-esteem of children. Healthcare professionals should persist in offering treatment if the first-choice treatment is not successful.

### DETAILS OF GUIDELINE

[NICE guideline CG111 Nocturnal enuresis - the management of bedwetting in children and young people – full guidance](#)

### REFERENCES

See NICE guidance