



Bladder and Bowel Community

Factsheet : Nocturnal Enuresis

Wetting the bed at night (the medical term is nocturnal enuresis) affects about one person in every hundred, mainly men.

Some people wet the bed regularly all their lives. Others grow out of this during childhood but start again later in life. It can even happen if you doze off on a long coach or train journey. Bedwetting can often be cured. It is always worth seeking help even if you feel you have already tried everything.

Types of nocturnal enuresis

Persistent Primary Nocturnal Enuresis is a condition which starts during childhood, where night time dryness has not been achieved for longer than six months. About 2 - 3% of adults over 18 years of age have this type of nocturnal enuresis. Adult Onset Secondary Enuresis is defined as nocturnal enuresis in which night time dryness has been achieved at some point in life. Dryness may have occurred for many years but then night time wetting suddenly begins at an older age.

What causes bedwetting?

There are many causes of bedwetting and others remain unclear.

If you experience bedwetting, it may be due to a mixture of reasons. You may;

- lack the necessary muscle and nerve control
- produce a lot of urine at night
- Have a urine infection
- Drink a lot of alcohol, coffee
- Take diuretic medicines
- Take sleeping tablets
- Have diabetes
- Suffer from stress and anxiety
- Have other conditions

Research has shown that nocturnal enuresis can also be hereditary.

If you start bed wetting again as an adult and this persists, it could be the result of a more serious underlying problem. If this is the case, you need to go to the doctor immediately for further investigation.

Further Information

You may wish to seek advice from your GP or local continence clinic, which are run by the NHS and there are many in the UK. You don't always need to be referred to a clinic by your GP you can sometimes book an appointment yourself. To find your nearest continence clinic please visit our website and select the Help and Info section then select Find a healthcare Professional.

Pelvic Floor exercises are also very useful for strengthening the muscles that support the bladder and bowel. Performing these exercises can help alleviate symptoms and can often cure problems altogether. For more information about Pelvic Floor exercises, please see our Pelvic Floor factsheets in our [Resources section](#) of the website

Products Available

There are many products that you can use to help you manage your bedwetting problem.

If you are struggling with incontinence speak to your GP who may be able to arrange for you to be assessed and issued with pads and pants. As an individual you can also choose to buy your products directly from a supplier.

www.bladderandbowel.org

The Bladder and Bowel Community provides information and support for people with bladder and bowel issues. We publish a wide range of user friendly booklets and factsheets.

For more information please call us on 01926 357220, email help@bladderandbowel.org or write to us at The Bladder and Bowel Community, 7 The Court, Holywell Business Park, Northfield Road, Southam, CV47 0FS.

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