

# Enuresis

## What is a **Enuresis**?

- Enuresis is involuntary or unintentional urination that occurs in individuals 5 or older (or equivalent developmental age).
- To be considered enuresis, the condition must be significantly disruptive to the individual's life in that either it occurs frequently (at least twice a week for 3 months) or creates impairment at school, home or a job.
- Urination may occur only during the nighttime, daytime, or both.

## Will it go away on its own?

- While enuresis is relatively common in children, it often does not go away on its own and so can require intervention by a specialist.
- Children who have enuresis may develop low self-esteem without support in addressing this issue.

## **Treatments for this Disorder**

- Start by consulting with your **primary care physician** to rule out any medical reason for enuresis. Your child's primary care physician may also be helpful as some children may benefit from medical treatment
- Research suggests that **behavioral therapy using a urine alarm** has the greatest evidence for decreasing symptoms of enuresis. The alarm helps the child learn when they need to urinate so that they can begin to go to the bathroom when they need to.