

Directions for using a conditioning alarm for bedwetting

Instructions for the child:

Practice these steps before you fall asleep. Doing this may help you wake up to go to the bathroom when your bladder is full.

Lie on your back with your eyes closed

Pretend it is the middle of the night

Pretend your bladder is full

Pretend it is starting to hurt

Pretend it is trying to wake you up

Pretend it is saying "Get up before it is too late!"

Then go to the bathroom and empty your bladder

Remind yourself to get up like this in the middle of the night

Instructions for the parents:

Your child will probably not awaken when the alarm sounds and will need your help for the next two or three weeks. It is best if your child goes to bed at a reasonable hour without a radio or television. A nightlight may be helpful.

When the alarm sounds, get up immediately. Go to your child's room, turn on the lights, and say loudly, "Get out of bed and stand up!"

If that does not work, get your child into a sitting position and apply a cold washcloth to the face to awaken him or her. When he or she is awake and standing, remind your child to turn off the alarm. Do not turn it off yourself.

Make sure your child is awake while he or she walks to the bathroom; ask questions to keep your child awake.

Usually within two or three weeks your child will awaken without your help. Continue to use the alarm for at least 30 consecutive nights without the alarm sounding. It may take 4 to 6 months until your child is consistently dry at night without the alarm.

Adapted from Schmidt, Barton D. *Pediatric Clinics of North America* 1982;29:21