

Encopresis and Enuresis Recommendations:

Alarms are the most effective interventions: 70% initial response; 10% relapse.

the entire family must be on-board, because it will take several weeks for the child to consistently respond.

wake the child up around the time the enuresis occurs; at least it will limit the volume.

increase bladder capacity; load child up with liquids

have child start and stop urine flow.

consider a watch alarm: contingent (as soon as first drops are released or non-contingent (alarm goes off every 2-3 hours).

consider starting out with DDAVP and then fld in alarm system.

Use large blue hospital pad on bed to prevent soaking mattress.