



the **bedwetting** doctor
Christmas Bedwetting Quiz!



1. Approximately how many children aged 5-16 wet the bed in the UK?

- a. 5,000
- b. 50,000
- c. 500,000



2. At what age should advice/treatment be sought if a child is still wetting the bed?

- a. 3 years old
- b. 5 years old
- c. 7 years old



3. What is the likelihood that a child will wet the bed if both their parents wet their beds as children?

- a. 2%
- b. 22%
- c. 72%

4. What is the medical term for nighttime bedwetting?

- a. Nocturnal Enuresis
- b. Hygro Hypnos
- c. Diurnal Enuresis



5. What is the first-line treatment for bedwetting recommend in the NICE Guidelines?

- a. Tricyclics
- b. Desmopressin
- c. Bedwetting Alarms



6. Who invented the body-worn bedwetting alarm?

- a. Dr Jones
- b. Dr Malem
- c. Dr Seuss



7. What is the average length of time that it takes to achieve dryness with a bedwetting alarm?

- a. 10.4 weeks
- b. 10.4 months
- c. 10.4 years



8. What percentage of children achieve dryness after using bedwetting alarms?

- a. 3%
- b. 33%
- c. 73%





ANSWERS

1. C - Bedwetting is very common - Around half a million (500,000) children in the UK aged 5-16 regularly wet the bed
2. B - NICE guidelines state that treatment should be given to children aged 5 and over
3. C - If both parents wet their beds as children, there is a 72% chance that a child will inherit this trait
4. A - The medical term for nighttime bedwetting is “nocturnal enuresis”. “Diurnal enuresis” means daytime wetting.
5. C - Bedwetting alarms are recommended as first-line treatment by NICE
6. B - Dr Malem invented the body-worn bedwetting alarm in 1979.
7. A - Cutting et al. (2007) found that it took an average of 10.4 weeks for children to achieve long-term dryness with a bedwetting alarm
8. C - A recent study of 3,000 children aged 6-16 years old found a 73% success rate after bedwetting alarm treatment

How did you do?

0-2 correct answers: THE BEDWETTING BEGINNER

It's the taking part that counts...! Try reading the “Tips & Advice” blog on our website to pick up lots of facts and information about bedwetting.

3-5 correct answers: THE BEDWETTING STUDENT

Good effort! To learn more information about bedwetting and cures, why not take a look at the NICE guidelines?

6-8 correct answers: THE BEDWETTING DOCTOR

Well done! Your bedwetting knowledge is top notch! Stay up to date with bedwetting news and research by following us on twitter, or by signing up to our e-mails.

