

SUPERHERO DISCUSSION GUIDE













This **superhero's guide** will help you prepare for your appointment with your child's doctor or nurse. It also gives advice on how to start the conversation with them.

TO GET THE MOST OUT OF YOUR APPOINTMENT:

- 1** Tick-off the tips you have tried with your child
- 2** Complete the **superhero diary** and don't forget to take it with you
- 3** Follow the helpful appointment question guide

I HAVE...

	Encouraged my child to have six to eight water-based drinks per day
	Ensured my child is not having drinks that contain caffeine (tea, coffee, cola and hot chocolate)
	Ensured my child is not having any fizzy drinks, except as an occasional treat
	Made sure my child does not have a drink in the hour before they go to sleep
	Made sure my child is not eating in the hour before they go to sleep
	Made sure they have switched the TV and other screens off for an hour before bedtime
	Made sure my child is going for a wee before they go to sleep
	Made sure my child goes to bed at about the same time most nights
	Done a trial with my child of a few nights without night-time pants/nappies
	Completed the superhero diary (urine and stool)

WHAT WOULD A SUPERHERO ASK THEIR CHILD'S DOCTOR OR NURSE?

After discussing what you have done to help your child's bedwetting with their doctor or nurse, it may be useful to ask some questions. These questions will help ensure your child gets the treatment best suited for them.

- What do you think the cause of the bedwetting might be?
- What should we do or try next?

If your child's doctor or nurse asks that you try some lifestyle changes, make sure you talk to them about:

- How much the bedwetting is affecting you and your child (e.g. their mood, whether they are tired, upset, able to go to sleep-overs, about their self-confidence and your concerns)
- Whether they think your child may need medication or an alarm for their bedwetting

If your doctor prescribes a treatment, here are some questions you can ask about it:

- Once we have started the treatment, how long will it take before we see any changes?
- How long should we carry on with treatment?
- Are there any circumstances when we should stop the treatment?
- What should we do if this treatment doesn't work? Is there anyone else you can refer us to if this happens?
- When should we come and see you again?

Make sure your child has the chance to ask questions as well.

You could help them write down any questions they have before the appointment:

IF YOU HAVE SPECIFIC QUESTIONS OR CONCERNS, TALK TO YOUR CHILD'S DOCTOR, SCHOOL NURSE, HEALTH VISITOR OR PHARMACIST

Bladder and Bowel UK offer a confidential helpline. If you would like to speak to someone, email: bbuk@disabledliving.co.uk or phone: 0161 214 4591

ERIC, The Children's Bowel and Bladder Charity also offers a confidential helpline. If you would like to speak to someone, phone: 0845 370 8008

