

## Information for Parents / Carers of a Child

### GUIDE TO A REGULAR TOILET PATTERN AND DOUBLE VOIDING REGIME



#### Instructions for patients

Aim for **200-250mls** by **5-6 drinks** in the day, a total of **1,200mls** at regular times.

- Drink with breakfast
- Drink mid-morning (break time)
- Drink at lunch-time
- Drink mid-afternoon (home time)
- Drink with dinner / tea
- Last drink 1 and a half hour prior to going to sleep

**Avoid** - Sugary, fizzy drinks, drinks with caffeine e.g. coke, tea, coffee, drinking chocolate, Ribena.

**Drink** - Water or sugar free water based drinks e.g. diluted drinks, limit milk to 2 glasses per day.

Your child needs to go to toilet **2-3 hourly / regularly**.

- First thing in the morning (even if the wet is bed)
- Mid-morning (break-time)
- Lunchtime
- Mid- afternoon (home time)
- Dinner /tea time
- Bedtime

#### **IMPORTANT POINTS**

- Go to the toilet regularly even if you do not feel the need to go.
- Stand at the toilet using a footstool if required, so you are relaxed and at a comfortable height.
- After you wee, wait and count slowly to 30 then wee again.
- Routine is key and it is important to remember that bladder retraining takes **TIME, EFFORT and MOTIVATION.**

