

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.
- Sit comfortably with feet supported on a footstool and knees open wide to relax your muscles.
- 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.**

