

Enuresis in children: common questions and answers

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What we know already:

- Nocturnal enuresis affects 15–20% of children by age 5
- Affected children have lower self-esteem and quality of life than peers
- Severe enuresis is less likely to resolve spontaneously; early intervention is key to resolution

Aims of this review:

- This article addresses common questions about enuresis

What is the difference between monosymptomatic and non-monosymptomatic nocturnal enuresis?

- Monosymptomatic (MNE): nighttime bedwetting is the only symptom; it may be:
 - Primary: there has never been 6 months of continuous dry nights, or
 - Secondary: when bedwetting recurs after 6 months of dryness
- Non-monosymptomatic (NMNE): enuresis is accompanied by daytime LUTS

What should be included in the evaluation of nocturnal enuresis?

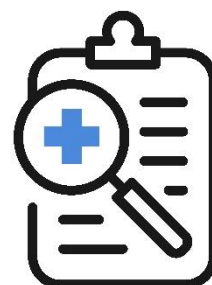
- History-taking, to differentiate MNE/NMNE, and identify comorbidities
- Physical examination, helps to determine aetiology of nonmonosymptomatic enuresis
- Urinalysis in NMNE and secondary MNE, to rule out UTI

What are the first-line treatments for enuresis once secondary causes have been addressed?

- Enuresis alarm - most successful in motivated families, and provides a higher cure rate
- Desmopressin - effective but has a high relapse rate after discontinuation
- Behavioural modifications are likely better than placebo but more effective in conjunction with alarm
- In NMNE, underlying disorders should be treated first

What treatment strategies should be offered when enuresis alarm therapy and/or desmopressin is not successful?

- Further evaluation of possible comorbidities including constipation, sleep disorders or behavioural issues (e.g. ADHD)
- Referral to a paediatric urologist in refractory cases
- Medications including anticholinergics and tricyclic antidepressants may be effective, especially in combination with alarm/desmopressin



ADHD, attention deficit hyperactivity disorder; LUTS, lower urinary tract symptoms; MNE, monosymptomatic nocturnal enuresis; NMNE, non-monosymptomatic nocturnal enuresis; UTI, urinary tract infection