



Treatment Plan for Voiding Problems

- Regular Timed Voiding**
 - The most important thing is to pee regularly. Usually this means every 2 to 3 hours. It can help in preventing urinary tract infections. It also prevents you from wetting your clothes when your bladder gets too full.

- Pee twice before going to bed**
 - This is called ‘double-voiding’ and ensures that the bladder is fully empty before going to sleep.

- Controlling constipation**
 - Eating more foods with fiber in them is a good start.
 - Take Miralax 1 cap orally once a day. You can change it to ½ cap once a day or even 1 cap every other day to get to the point where he has one soft stool per day.

- Bed Alarms**
 - These are the best therapy we have for nighttime bedwetting and regular usage. You have to use it for several months to get the benefit, and even then, the relapse rate is high.

- Medicine for Sleepovers**
 - There is a medicine called DDAVP which will drastically decrease the amount of urine after you take it.
 - It is useful for short term use (no more than 2 nights in a row).
 - The dose is ___ mg (___ tab) orally 90 minutes prior to bedtime. You cannot drink anything after taking it until the next morning.