

Day Time Wetting

Day time wetting can be extremely frustrating and embarrassing for families and children. There are many reasons why children wet during the day ranging from something as simple as holding onto their urine too long to very rare physical causes.

Children generally do not wet out of laziness, emotional problems or inappropriate toilet training.

The different types of incontinence include:

Very Common

Dysfunctional voiding: As the bladder empties, children with dysfunctional voiding tighten their pelvic floor muscles and may cut off the urine stream before completely emptying their bladder. They may leave a large amount of urine in their bladder.

Constipation (see separate page)

Underactive bladder: Children with underactive bladder tend to postpone voiding and only empty a few times a day with little urge to do so.

Vaginal voiding (peeing): Girls with vaginal voiding trap a small amount of urine in the vagina during voiding because their legs are too close together when they void. The urine dribbles out of the vagina at a later time after voiding is completed.

Less Common

Overactive bladder: These children have uncontrolled bladder contractions that, in addition to incontinence, cause them to have frequent and urgent trips to the restroom.

Rare

Giggle incontinence: Children with giggle incontinence wet ONLY when laughing. Once they start urinating they are unable to stop the flow of urine and usually soak their clothes.

- Physical cause: Children are sometimes born with birth defects where tubes in the urinary tract go to the wrong place or children can have problems with the nerves that go to the bladder.
- We have an entire program called [“PUPS”](#) devoted to the treatment and management of children who have day-time wetting for any of the above causes. Our team will work with you and your child to help understand why your child wets, and recommend a treatment plan.

See the next page for contact information.

Contact Information:

Laurence S. Baskin, MD

<http://urology.ucsf.edu/people/laurence-s-baskin#>

Hillary Copp, MD, MS

<http://urology.ucsf.edu/people/hillary-l-copp>

Michael DiSandro, MD

<http://urology.ucsf.edu/people/michael-j-disandro>

Appointments & Location

Mission Bay Benioff Children's Hospital (Surgical Admissions)

1975 4th Street

San Francisco, CA 94143

[415.353.2200](tel:415.353.2200) (Phone)

[415.353.2480](tel:415.353.2480) (Fax)

Children's Hospital & Research Center Oakland

747 52nd Street Ambulatory Care 4th

Oakland, CA 94609

[510.428.3402](tel:510.428.3402) (Phone)

PEDIATRIC NURSE PRACTITIONERS

Anne Arnhym, CPNP

Certified Pediatric Nurse Practitioner

Anne.Arnhym@ucsf.edu

Angelique Champeau, CPNP

Certified Pediatric Nurse Practitioner

Angelique.Champeau@ucsf.edu