

23968-Review BY RAJIV SINHA

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Management of nocturnal enuresis - myths and facts

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## Abstract

Nocturnal enuresis often causes considerable distress or functional impairment to patient and their parents necessitating a multidisciplinary approach from paediatrician, paediatric nephrologist, urologists and psychiatrist. Mechanisms of monosymptomatic nocturnal enuresis are mainly nocturnal polyuria, bladder overactivity and failure to awaken from sleep in response to bladder sensations. Goal oriented and etiology wise treatment includes simple behavioral intervention, conditioning alarm regimen and pharmacotherapy withdesmopressin, imipramine and anticholinergic drugs. Symptoms often recurs requiring change over or combination of different modes of treatment.

Key words: Nocturnal enuresis; Monosymptomatic; Conditioning alarm; Desmopressin; Imipramine

Core tip: Nocturnal enuresis often causes considerable distress to patient and their parents' lifestyle necessitating a multidisciplinary management. Simple behavioral interventions, conditioning alarm regimen and pharmacotherapy as desmopressin,

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