The South African Guidelines on Enuresis - 2018


The incidence in SA
Fockema MW, et al. BJU Int 2012:110.11c

A ‘3’ systems model

**Enuresis Algorithm**
A ‘3-Systems’ Approach

1. **Night-Time Polyuria**
   - Large voided amounts, Before/Around Midnight
   - Urotherapy
   - Desmopressin
   - Desmopressin & Alarm therapy

2. **OAB / Small capacity bladder**
   - Variable voided amounts, multiple episodes, through the night
   - Urotherapy
   - Anticholinergic treatment

3. **Lack of Arousal**
   - Early morning voids, Reluctance to leave the bed
   - Urotherapy
   - Alarm therapy

No improvement (3 month review)
- Refer to Specialist

**Secondary Enuresis & Primary NON-Mono Symptomatic Enuresis**
- Treat Appropriately

**Key**

**History:**
- Red flags – Dysuria, genital/rectal pain or discharge, straining to urinate, haematuria, daytime incontinence, sleep apnoea or snoring.

**Physical Examination:**
- Red Flags- Adeno-tonsillar hypertrophy, spinal pathology, neurological symptoms, abnormal gait, enlarged bladder or kidneys, febrile.

**Urotherapy:**
- Diet modification, fluid modification, pelvic floor rehabilitation, biofeedback. Consider along with behavioural modification.