



**Nights
AWAY**
NO WORRIES

Practical tips to help manage nights away from home

Are you feeling excited because you've been invited to a sleepover or a night away with your friends? But feel nervous that your bladder or bowel might let you down and you might have an accident while you're away?

Don't worry; you won't be the only one to feel like this. This leaflet will help you enjoy nights away with confidence.



Be Positive

You are not alone; many young people need help when they are away from home.

Tell your Mum, Dad or Carer you would really like to go on the trip. Then plan it together.



Ask your Mum, Dad or Carer to talk to the person in charge of the nights away as soon as possible.

Remember that the person in charge will help you sort any worries out – and you can ask them to keep things private.

You may not wet the bed while you are away. Sometimes just being in a new place can make you wake up if you need to wee.

Don't worry; other people have accidents away from home too.



Plan ahead, be prepared and take control

You can arrange to be woken before your friends to deal with any wet beds in private.

You may need extra time in the morning to go to the toilet. You could arrange a code word or special signal with the person in charge when you need to ask for help and no one else will know.

Don't forget your medicines. Lots of other children will have them, and the person in charge of the nights away will look after them for you.

If you wet the bed, your doctor can tell you about a medication called desmopressin. It may help you hold on until the morning, but it doesn't work for everyone.

Remember to have 6-8 drinks during the day and try to have your last drink at least 1½ hours before bed. Water-based drinks are best as fizzy drinks and tea, coffee and drinking chocolate can make you wee more.

If you are using a bedwetting alarm, talk to your nurse about what you should do while you are away.

If you are going on a long journey by coach or plane, try to sit near a toilet. You may need to take extra pads or absorbent pants if you use them.

Remember, beds and clothing can get wet for many reasons, such as being sweaty or spilling drinks. Keep a bottle of water handy so you can pretend it has been knocked over if you have an accident.



Practical ways to manage your nights away

Remember to go to the toilet before you go to sleep.

Be prepared and practice what to do if you are wet in advance so you know how to deal with an accident on a night away.



Take spare pyjamas in case you need to change; you could take identical pyjamas so no one will know if you have to change.

Plastic bags are useful to store wet or soiled items.

Use protective covers for mattresses and duvets. You may need help to put them on the bed. Disposable or washable bed pads can be used to soak up any wetness.

Disposable absorbent pants can be put in the bed or sleeping bag and no-one will see you wriggle into them. If you wear loose pyjamas no one will notice you are wearing absorbent pants.

Waterproof sleeping bag liners can be rolled up inside the sleeping bag before you go on your night away and rolled up and taken home without anyone noticing.

Moist wipes and antibacterial spray will help you stay clean and prevent smells.

An alarm clock will help you wake up early.

Resources to manage nights away

ERIC has a range of bedding protection, sleeping bag liners, absorbent washable pants and many other resources that can help with managing nights away from home. For more information visit the ERIC website www.eric.org.uk or call 0117 301 2100 to request a catalogue.



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For information and support on bedwetting, daytime wetting, constipation
and soiling and potty training call ERIC's Helpline – available 24/7

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