

## **Extreme Daytime Urinary Frequency Syndrome**

### **What is Extreme Daytime Urinary Frequency Syndrome?**

This is a syndrome when a child who is potty trained suddenly starts to urinate (pee) a lot. It happens most often between the ages of 3 years and 7 years old.

- Your child may use the bathroom as often as every 5 to 10 minutes. Most times, very little urine comes out.
- Normally, your child will not have wetting accidents during the day. They sometimes can wait to go to the bathroom for short periods of time if asked.
- Your child will most likely not get up at night to go to the bathroom.

This sudden change can be very concerning to parents.

### **What causes it?**

Most often this is not caused by a physical problem or a problem with the bladder or kidneys. It is not always clear why children start using the bathroom so often. It may be caused by:

- Stress or emotional issues.
- Other illnesses.
- Constipation, or too much stool in the rectum.

### **What testing is needed?**

- A physical exam may be done. Often, the only test that is needed is a urine test. The test, called urinalysis, is done to make sure there is not an infection causing the problem.
- Other tests may be ordered if the problem does not go away. Sometimes, an x-ray of the belly (abdomen) is done to check for constipation.

### **What can be done to treat this?**

The need to go so often normally goes away on its own. Bladder medicines normally do not help. It can take several months for the frequency to go away completely. Until it does, be patient with your child. You can also try to:

- Do not let your child drink bladder irritating beverages. These include: caffeine, carbonated drinks, citrus, chocolate, and drinks that are red, blue or purple.
- Ask your child to wait for a few minutes to use the bathroom. Some parents say this has helped.
- Treat any problems with bowel movements.
- Your child's healthcare provider will tell you if your child should have more tests or treatment.

**ALERT:** Call your child's doctor, nurse, or clinic if you have any concerns or if your child has special health care needs not covered by this information.

**This teaching sheet is meant to help you care for your child. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment, and follow-up.**