

# When is the right time to start active therapy?

Bedwetting is a medical condition, but no prescription is needed to start using GOGO Band. Start when you are ready.

We encourage you to discuss your child's situation with your primary care provider.

Age	At 5-years-old, up to 19% of children have pediatric enuresis. At 7-years-old, 5-10% still wet the bed and 3% of teens continue to struggle to “grow out of it.” Up to 1% of adults still wet their beds. Medical guidelines indicate children should be evaluated at 5-years-old. Active therapy is recommended for children who are 6-years-old and older.
Severity	<p>If your child has never achieved dryness, the diagnosis is primary enuresis. If they were dry for at least 6 months and then began wetting again, secondary enuresis is the diagnosis.</p> <p>Children may wet multiple times a night, every night, while others wet intermittently. When incidents occur at least twice a week for at least 3 months in a row, ‘active therapy’ is indicated.</p>
Self-esteem	<p>Enuresis is not a psychiatric condition, but bedwetting as infrequently as once a month can be associated with loss of self-esteem at any age. If you believe bedwetting is affecting your child's behavior, causing distress, or changes to their self-perception, taking action is important. Left untreated, there are long-term psychosocial risks and impacts on quality of life for the child and parents.</p> <p>Children usually recognize bedwetting as a problem when they become aware that younger siblings are dry or opportunities to join normal social activities are limited.</p>
Related conditions	Medical professionals routinely screen for urinary tract infections, constipation, snoring or sleep apneas, ADHD, and other related conditions. Addressing chronic constipation, if present, will make bedwetting therapy more successful. Treating bedwetting improves sleep which can have favorable effects on daytime behavior and executive function.

Sources: [UpToDate: Nocturnal enuresis in children: Management](#), Literature review current through June 2020, last updated November 2019; Management and treatment of nocturnal enuresis—an updated standardization document from the International Children's Continence Society, [Journal of Pediatric Urology, Vol 16, Issue 1, February 2020](#)