

Urine Infections

- Symptoms:
 - Rushing to pass urine
 - Wetting
 - Smelly urine
- See a Doctor**
- May be sign of a kidney or bladder problems
- Urine tests, X-rays and ultrasounds may be needed
- Treated with antibiotics

Nephritis

- It is: kidney inflammation
- May follow sore throats or skin sores
- If urine is red or brown, see Doctor urgently**
- Other symptoms include:
 - Face or body swelling
 - Passing less urine
 - Headaches, vomiting
(*may mean high blood pressure*)
- High blood pressure and kidney failure may occur
- Get prompt treatment for sore throats and skin sores



Nephrotic Syndrome

- It is: swelling of the body because of protein loss in the urine
- Puffy eyes may mean kidney disease, not allergies**
- See a Doctor urgently to test urine for protein**

Early recognition and treatment of kidney disease may prevent kidney failure.

About the Jamaica Kidney Kids Foundation

Jamaica Kidney Kids Foundation (JKKF) is a nonprofit organization registered in July 2012 dedicated to improving the care of children with kidney disease.

Our Mission focuses on:

- Kidney Failure Care
- Education in Paediatric Kidney Disease
- Patient Care

You can help!

Your generous donation to the JKKF will help make a difference to children in the kidney community through education, research, advocacy and support.

You may make donations via a secure, reliable PayPal account at:

<http://kidneykidsja.com/donate/>

Contact Us

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Common Kidney and Urine Problems in Children

A JKKF
Public Information Initiative

JAMAICA
KIDNEY KIDS
FOUNDATION



GraceKennedy
GROUP
We care.

Wetting in Children

- Nighttime dryness is learned like walking
- 10% of children over age 5 are still wet at night but this improves to only 1% at age 15, even without treatment.
- 98% of children are dry by day at age 4
- **Bedwetting is not due to laziness or willfulness**
- **It should NOT be punished**
- Bedwetting runs in families
- Bedwetting may be a sign of emotional stress (e.g. new school or new sibling). **Talk to your child!**
- Bedwetting may be the first sign of a serious medical problem
- Bedwetting children:
 - Have smaller bladders
 - Sleep deeper
 - Produce more urine at night than other kids

What can make the problem worse?

- Constipation
- Caffeine (coffee, tea and dark soft drinks)
- Fizzy drinks
- Punishment, teasing and shaming them

When do you need to be concerned?

(Red Flags)

- Child 6 years or older and never dry at night, or wet day and night
- Soft swelling, or hair, or dimple at base of spine (*spinal problem*)
- Smelly, bloody or painful urine (*urinary tract infection*)
- Drinking a lot of fluid and passing lots of urine (*diabetes*)
- Passing small volumes of urine often and daytime wetting (*emotional, or problem with bladder nerves*)
- Constipation and soiling of underwear with stool (*problems with spinal nerves*)
- Straining to pass urine; urine stream not forceful (*bladder may be blocked*)



- Child previously dry for over 6 months starts wetting again for no reason (*anxiety, urine infection, diabetes*)
- The child walks abnormally or the feet are twisted (*problem with nerves of the spine*)

What can you do?

- Check for warning signs above. **If present, see a Doctor**
- Listen and talk to the child.
- **DO NOT PUNISH**
- Find and try to solve emotional stressors at home or school
- Be patient
- No fluids 2 hours before bed time and urinate twice just before getting into bed (*reduces the urine to be stored in the bladder at night*)
- Awaken fully once per night to urinate (*develops a habit of night waking to urinate*)
- Have a calendar to praise dry nights, with bright colours or stickers (*builds self esteem*)
- Use an alarm clock to waken child 1 hour before expected wetting

Tips

- Protect your mattress with a plastic cover and towels
- Child helps by washing underwear and helping to strip wet bed

See Doctor if these interventions fail to rule out medical problems

There is hope:

- Counseling
- Bladder exercises
- Bedwetting alarms
- Medication for specific causes
- More information is online at the bedwetting websites

DAYTIME WETTING or CONSTANT WETNESS IN A CHILD OVER AGE 5 SHOULD BE INVESTIGATED!

It may be due to infection, problems with the spine and nerves, or bladder.