

Measurement of overnight urine production

Some children and young people affected by bedwetting produce very large amounts of urine overnight. It would be helpful to know if your child is in this group. We can identify these children by measuring the volume of urine they produce between going to bed and getting up in the morning.

If your child is wet every night then measurement over 3 nights is usually sufficient; if they have a lot of dry nights then 5 – 7 nights is better.

Method 1 (using pull-up)

1. Empty bladder in the toilet last thing at night (do not measure)
2. Weigh pull-up before and after wetting. The difference between these weights (in grams) is the volume of urine in the pull-up (in mls)
3. Measure first morning urine, passed as soon as your child gets up.

		Night 1	Night 2	Night 3	Night 4	Night 5
A	Wet weight of pull-up					
B	Dry weight of pull-up					
C	Urine in pull-up (A – B)					
D	First morning urine					
E	Overnight urine (C + D)					

Method 2 (waking during the night)

1. Empty bladder in the toilet last thing at night (do not measure)
2. Wake 1 hour after going to sleep to pass urine and measure volume
3. Wake 6 hours after going to sleep to pass urine and measure volume
4. Measure the first morning urine as soon as your child gets up

		Night 1	Night 2	Night 3	Night 4	Night 5
A	1 hour volume					
B	6 hour volume					
C	First morning urine					
E	Overnight urine (A + B + C)					