



### If you have been prescribed desmopressin for bedwetting:

- Fluid intake is important:
  - Drink lots of water during the day
  - Do not drink in the last hour before taking desmopressin
  - Do not drink during the night
- Avoid eating in the last two hours before bedtime, particularly if using the tablet formulation of desmopressin. This is because the presence of food in the stomach may reduce the absorption and so the effectiveness of the desmopressin
- Always pee before settling to sleep
- Do not read or play in bed after the last void and before sleep. Lights should be turned out immediately
- Make sure you take your medication as instructed by your family doctor
- Do not take desmopressin on nights where you have had a drink within the last hour before going to sleep, or when you are ill with diarrhoea, vomiting or a raised temperature

