

# Frequency-Urgency Syndrome

## Definition

- New onset of passing urine often while awake
- This is called urinary frequency
- Mainly occurs in 4 to 6 year olds

## Health Information

### Symptoms

- Your child suddenly starts passing urine every 10 to 30 minutes. May pass urine as often as 30 to 40 times a day. Used to go every 2 to 4 hours.
- Your child passes small amounts of urine each time.
- Your child has no pain with urination.
- Your child does not wet himself during the day.
- Your child is not drinking more than normal.
- Your child has been toilet trained.
- The symptom goes away during sleep.

### Cause

- Usually, passing urine often is from inner tension. It means your child is worried about something. Sometimes, he is simply worried about the risk of wetting himself.
- The symptom may begin within 1 or 2 days of a stressful event. A change in routine may also be a cause.
- Passing urine often is not deliberate. Do not punish, criticize or tease your child. This is unfair and will worsen the symptom.
- Although physical causes are rare, a urine sample needs to be checked.

## Care Advice

### 1. Overview:

- Urine frequency can happen if a child thinks too much about peeing. The bladder then starts sending a signal of fullness before it is full.
- The symptom is harmless and will go away on its own.
- But, needing to find a toilet frequently and quickly can disrupt normal routines.
- Here is some care advice that should help.

### 2. Tell Your Child that He is Healthy:

- Tell your child that his body, kidneys and urine are fine.
- Checking the urine once is a good idea. Checking his urine again and again can make him worry more.

### 3. Tell Your Child that He can Learn to Wait Longer to Pass Urine:

- Promise that he will slowly get back to urinating every few hours, like before.
- Tell him that he won't wet himself, which is a common fear.
- If he has wet himself, tell him that can happen to anyone.

4. **Help Your Child Relax:**
  - Frequency of urination can be a reflection of inner tension.
  - Make sure your child has free time and fun time every day.
  - Increase the harmony within your home. This may make your child feel more secure.
  - Ask the school staff to help reduce any tensions there. Remove any limits on when a child can use the bathroom.
5. **Look at Stressors for Your Child:**
  - Try to figure out what is stressing your child. Common stressful events are:
    - School entry or a new school
    - Too much concern about staying dry at night
    - Wetting himself when peers are present
    - A sick parent or sibling
  - Talk about any stresses with your child and try to help him overcome them.
6. **Ignore the Symptom of Frequency:**
  - When your child is using the toilet often, don't comment on it. Comments make him worry more about the symptom.
  - Don't ask your child about his symptom or watch him pass urine.
  - Do not have your child do bladder-stretching exercises.
  - Your child does not need to tell you when he has urinated. You will have a general idea about whether he is getting better or not.
  - Stop all family from talking about the problem if your child is around.
  - If he brings up the topic, reassure him that he will slowly get better.
7. **Avoid Bubble Bath and Other Irritants:**
  - Bubble bath can cause frequent urination in children, especially girls.
  - Bubble bath can irritate the opening of the urinary tract.
  - Before puberty, be sure your child washes the genital area with water, not soap.
8. **What to Expect:**
  - Your job is to identify any stressors for your child. Help your child cope with it. If you can do this, his frequency will go away in 1 to 2 weeks.
  - Without treatment, the symptom usually gets better on its own in 2 or 3 months.

## Call Your Doctor If

- Frequency of urination is not back to normal after using this advice for 1 month
- Pain or burning when passing urine
- Wetting during the day
- Drinking more than normal amounts of fluid
- You think your child needs to be seen
- Your child becomes worse

### Pediatric Care Advice

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