

# CONSTIPATION

is the **#1 CAUSE**  
of **ENURESIS**

(Bedwetting and Daytime Wetting)

## HOW ACCIDENTS HAPPEN

Child delays pooping.

↓  
Poop piles up and stretches the rectum.

↓  
Enlarged rectum aggravates bladder nerves.

↓  
Bladder randomly contracts and empties.

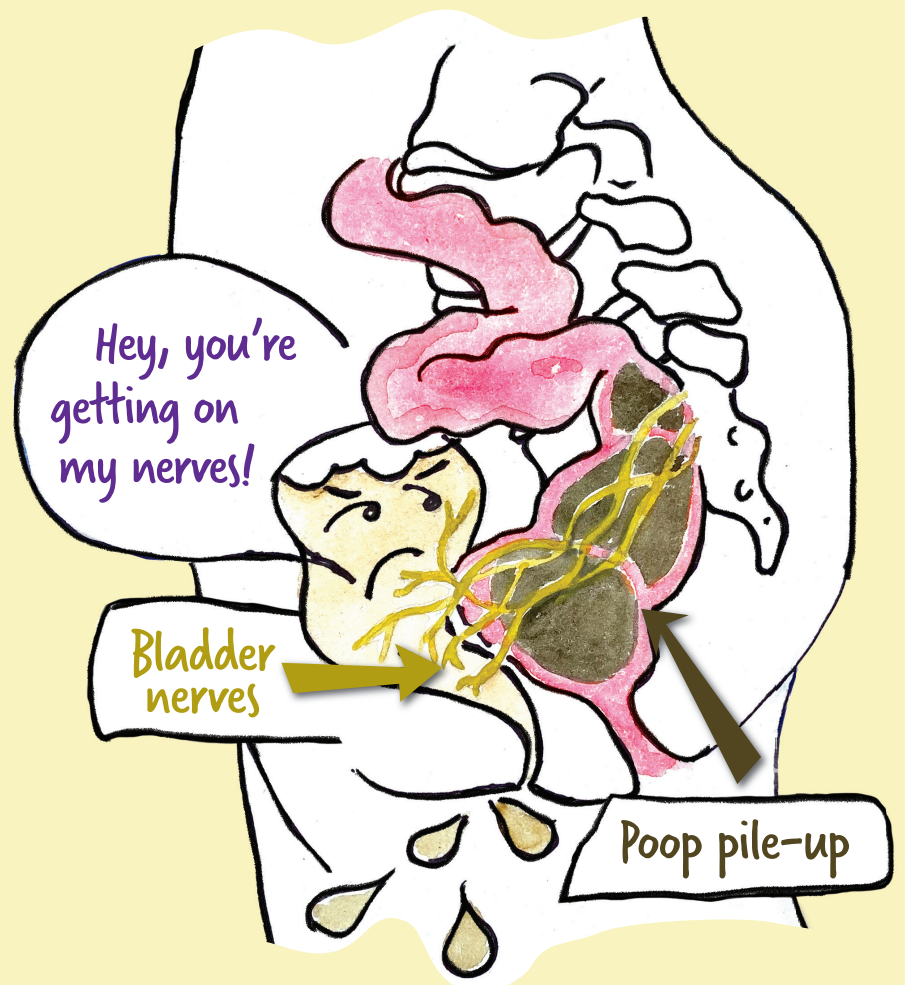
## HOW TO **STOP** ACCIDENTS

Clean out rectum with enema-based regimen (M.O.P.).

↓  
Maintain empty rectum with gradual enema tapering and laxatives.

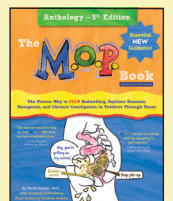
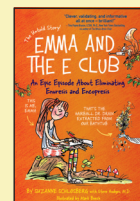
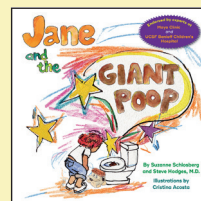
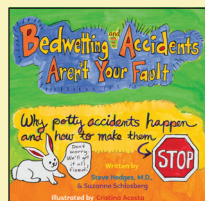
↓  
Rectum shrinks back to size, and bladder nerves recover.

↓  
Wean laxatives as daily pooping resumes.



[BedwettingAndAccidents.com](http://BedwettingAndAccidents.com)

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