

A GUIDE TO TOILET TRAINING CHALLENGES FOR CHILDREN WITH AVP-D



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WHAT IS AVP-D?

Arginine Vasopressin Disorder (AVP-D) is a condition that causes you to make large amounts of urine. AVP-D was previously called Diabetes Insipidus. AVP-D occurs because the body can't make enough of a hormone called arginine vasopressin (AV) — also called antidiuretic hormone (ADH) — which regulates the water level in your body

If you have AVP-D your body makes too much urine. This can lead to constant thirst, even if you drink lots of water.

HOW DOES AVP-D IMPACT TOILET TRAINING?

AVP-D is treated with desmopressin (Minirin). This medication is usually taken morning and night and works by regulating the water balance in the body and reducing frequent urination and excessive thirst. The aim of medication is to stop night wetting and drinking, so everyone can sleep, and to reduce frequency of urination and drinking during the day. It can take time to get the dose and timing of the medication right.

Children who are on the right dose of medication should toilet train similarly to other children. However, there is likely to be a pattern with urination.

At the correct dose, a large amount of urine is usually passed in the morning as the night dose of medication wears off. This is sometimes called breakthrough urination. After taking a morning dose of medication, a child will urinate a couple of times during the day, and then pass another large amount of urine as the day dose of medication wears off.

If a child experiences frequent urination, increased thirst, urinates a lot at night (nocturnal polyuria) it's recommended you see their Endocrinologist and discuss whether an increase in dose and/or a change in the time it is given is appropriate.



TIPS FOR TOILET TRAINING CHILDREN WITH AVP-D

While it can be more challenging to toilet train a child with AVP-D, there are some things that will help make it easier.

Consult with healthcare providers

- Work closely with your child's doctor to manage AVP-D symptoms
- Discuss fluid intake and medication adjustments, as timing of medication may affect urination patterns and impact toilet training

Establish a consistent routine

- Create a schedule for toileting attempts, considering your child's frequent urination needs
- Use visual aids or timers to help your child understand the routine
- Stick to the routine as best as you can

Be aware of the effects of medication wearing off

- As medication wears off your child will have an increased urgency to urinate which is the most likely time they will have an accident
- Time toilet attempts around medication

Encourage hydration

- Ensure your child has access to water throughout the day
- Monitor fluid intake to prevent dehydration and constipation

Monitor for constipation

- Keep track of bowel movements, as constipation can complicate toilet training
- Consult with your child's doctor if constipation becomes an issue

Use appropriate rewards

- Develop a positive reward system for successful toileting attempts
- Ensure the reward system is age appropriate, for example:
 - Verbal praise
 - Non-verbal gestures like clapping, thumbs up or high fives
 - Tangible awards such as stickers, small toys, or time on electronic devices
- Reward consistent effort, even if the attempts are not successful

MORE TIPS FOR TOILET TRAINING CHILDREN WITH AVP-D

Use visual supports

- Create a visual picture-based schedule showing the steps of using the toilet
- Place the schedule near the toilet for easy reference

Create the right environment

- Make the bathroom environment comfortable for your child by ensuring it's not too cold
- Use a footstool or different toilet seats to make it easier for your child

Develop nighttime strategies

- Use waterproof bedding and pajamas
- Implement a bedtime routine that includes toileting attempts

Be patient and flexible

- Understand that toilet training may take longer for children with AVP-D
- Avoid having high expectations, be prepared for setbacks and adjust your approach as needed

Remember, every child is different and toilet training will have its ups and downs. Consistency, patience, and positive reinforcement are key to successful toilet training for children with AVP-D. If you need extra support, ask for help. Working closely with your healthcare providers during this time can be helpful.



MORE INFORMATION

The Australian Pituitary Foundation provides social support for patients and carers, and has published a range of patient resources on pituitary conditions and treatments.

For more information, please visit our website: www.pituitary.asn.au

Email: support@pituitary.asn.au

Phone: 1300 331 807

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