

# ADAM AND THE VISITOR FROM ANOTHER WORLD





This booklet was initiated and supported by the World Bedwetting Day Steering Committee, which consists of The International Children's Continence Society (ICCS), The European Society for Paediatric Urology (ESPU), The Asia Pacific Association of Paediatric Urology (APAPU), The International Paediatric Nephrology Association (IPNA), The European Society of Paediatric Nephrology (ESPN), The Sociedad Iberoamericana de Urologia Paediatrica (SIUP), and The North American Paediatric Urology Societies, with the contribution of Dr Charlotte Van Herzeele, PhD, Department of Pediatrics and Medical Genetics, Ghent University-Belgium and Dr Konstantinos Kamperis, PhD, Department of Paediatrics, Aarhus University-Denmark. This initiative is supported by Ferring Pharmaceuticals.

It's the start of a brand new day. Adam rubs his eyes and sits up in bed. He slowly moves his hand down under the bedcovers to check for wet patches.



Hurrah! I've had another dry night. I am really glad that my doctor could help



I don't need to get up just yet!

With a smile on his face Adam looks at his bedside clock and lies back down again.

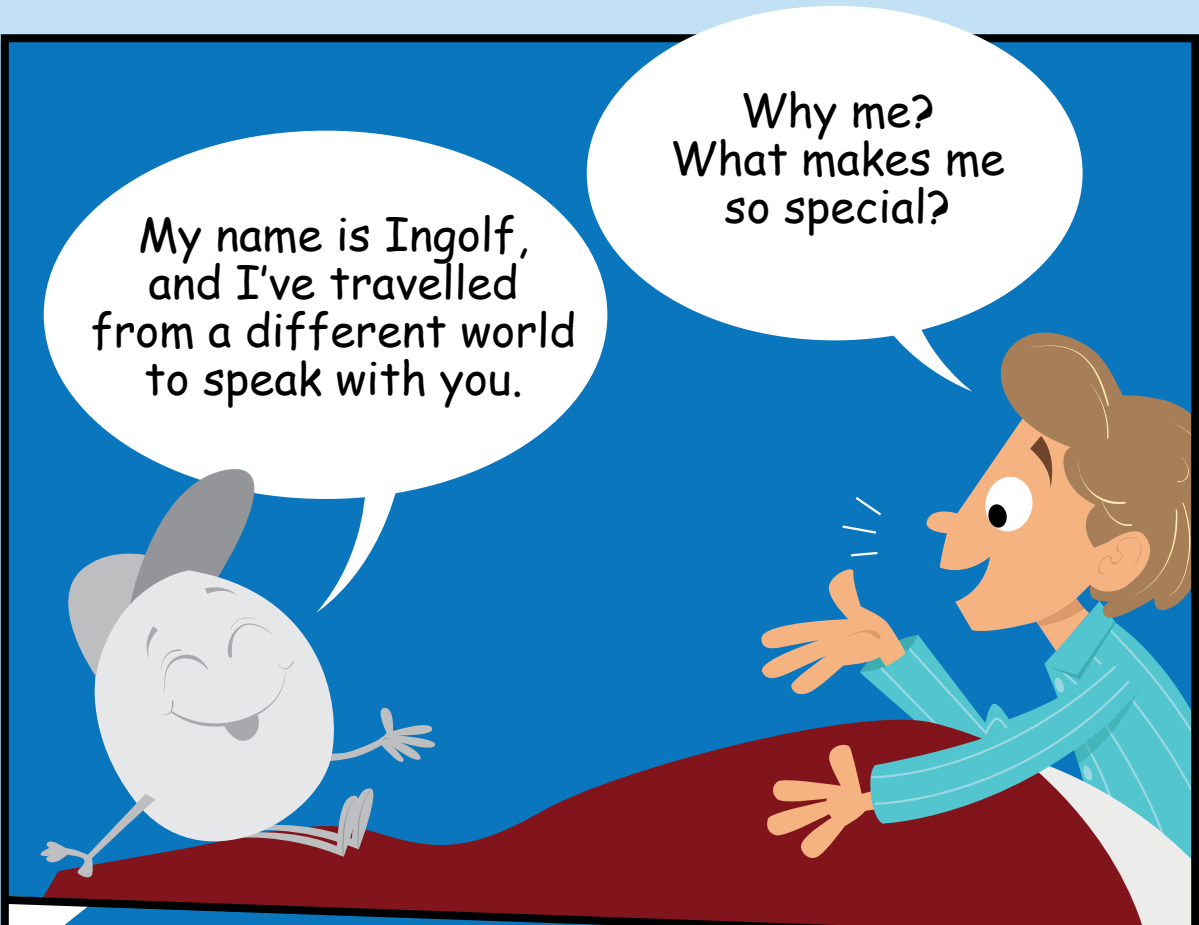
After a few minutes Adam hears a strange voice whispering in his ear.



Adam opens his eyes and turns his head. There, lying on the pillow, is a boy he has never seen; Adam thinks he looks like a potato with a smiling face, tiny arms and legs, and wearing a baseball cap.


Goodness, you're an odd fellow. Where have you come from and how can I help?






My name is Ingolf,  
and I've travelled  
from a different world  
to speak with you.

Why me?  
What makes me  
so special?



Well, although my people are different  
from you humans in most ways, there are  
two ways we are the same: we speak the  
same language and we also wet the bed.  
We've heard that you're getting better  
and I'd like to know how, so I can help  
myself and my people.



Gosh, I can tell you a little,  
but I'm still learning. My special friend  
Captain Drybed can tell you more.  
She's helped me a lot.  
I'll give her a call.

At the mention of Captain Drybed's name, the magic poster she  
had given Adam before appears on his bedroom wall. Adam  
places his hand on the poster and chants...



**CAPTAIN  
DRYBED**

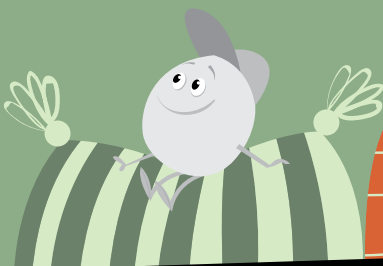
Here's help

Over  
sn  
sand  
es

Another job we  
have to do, this chap  
Ingolf needs our  
help too

There's a sudden flash, and Adam and Ingolf find themselves on a sofa at Captain Drybed's base. Adam tells Captain Drybed about the bedwetting problem on Ingolf's planet.

OK. Let me take you  
on a special tour



After a short flight with Captain Drybed, they arrive at a colourful market place. Their first stop is a fruit and vegetable stall where some of the produce is covered with signs!



Captain Drybed explains that eating watery fruits, such as melons and apples, just before bedtime is as bad as drinking water or juice. This is because the fruits fill people with liquid, making it more likely they will wet the bed.





The next stall they pass is selling all sorts of drinks.

I'd love one of those!

Don't drink me before bedtime!

Well you can have one now. But whatever you do, don't have any drinks, before bedtime!

Ingolf enjoys his drink and promises that he won't have another one before bedtime.

As they turn a corner Ingolf suddenly runs on ahead, jumping up and down with excitement.



Ingolf is standing in front of an electronics shop with dozens of bright shiny gadgets in the window, some making strange loud noises.



After another short flight, the three of them are standing outside a doctor's office.


Whichever planet you live on your doctor will give you help and advice which may include some treatment for your bedwetting.



Remember:  
always take  
your medicine when  
your doctor has  
told you to




At this point a parrot lands on Captain Drybed's shoulder and squawks...



It's important to  
get into a routine.  
Try to pee just  
before bedtime and  
also keep a record  
of dry and wet  
nights...

...and pee time  
before bedtime


Ahhh.  
That's why P  
comes before  
Zzzzzz then!



And remember  
to stay calm  
Ingolf. I know now  
that bedwetting  
problems like ours  
can be solved.

Zzzzzz

Adam suddenly hears his mother shouting his name and wakes with a start. He is still in his bed.

A cartoon illustration of a young boy with brown hair and a light blue shirt sitting up in bed. He has a worried expression with wide eyes and a small open mouth. A white thought bubble above his head contains the text 'That was a strange dream'. In the background, there is a dark blue nightstand with a lamp and an open doorway leading to a darker room.

That was a  
strange dream

When he looks at his pillow he sees a note...

A close-up cartoon illustration of Adam's face as he looks at a note on his white pillow. He has a surprised expression with wide eyes and a slight smile. The note is white with black text.

THANKS ADAM  
FOR ALL YOUR  
AND CAPTAIN  
DRYBEE'S HELP.  
BEST WISHES  
Ingolf

# Tips to help resolve bedwetting

- Bedwetting is a medical problem and talking to your doctor can help
- Don't drink before bedtime, especially fizzy drinks
- Stay away from watery foods such as melons and apples before bedtime
- Too much noise and bright light in the night can stop you sleeping, so avoid bright screens from computers, tablets, and phones before bedtime
- Bedwetting is common, and lots of other children go through this problem too
- If your doctor gives you medicine, it's important always to take it at the times your doctor has told you
- Your doctor may also give you a bedwetting alarm. If they do, you should use it as they say
- Pee time before bedtime – always remember to try to pee just before you go to bed
- Find out more about Ingolf's story at the Dry Dawn website <http://www.drydawn.com/>
- Prepare for your visit to the doctor and monitor your progress by downloading the DryDawn App
- Stay calm, and remember bedwetting problems can be solved!



WORLD BEDWETTING DAY

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TIME TO TAKE ACTION