

ASTRIC DRY-BED



Enuresis Alarm

THANKYOU!

Congratulations on starting your journey to dry nights and THANKYOU for choosing the Astric Dry-Bed.

We are here to support you through to complete cure and are available via email or telephone for support. Please do get in touch should you have any issues or wish to discuss any element of the product or process.

Contact details:

Customer Services: 01273 716516

Email: info@astricmedical.com

Website: www.astricmedical.com

Address:

ASTRIC MEDICAL LTD

THE FORGE

81 HIGH STREET

WORTHING

BN11 1DN

TABLE OF CONTENTS

Table of Contents

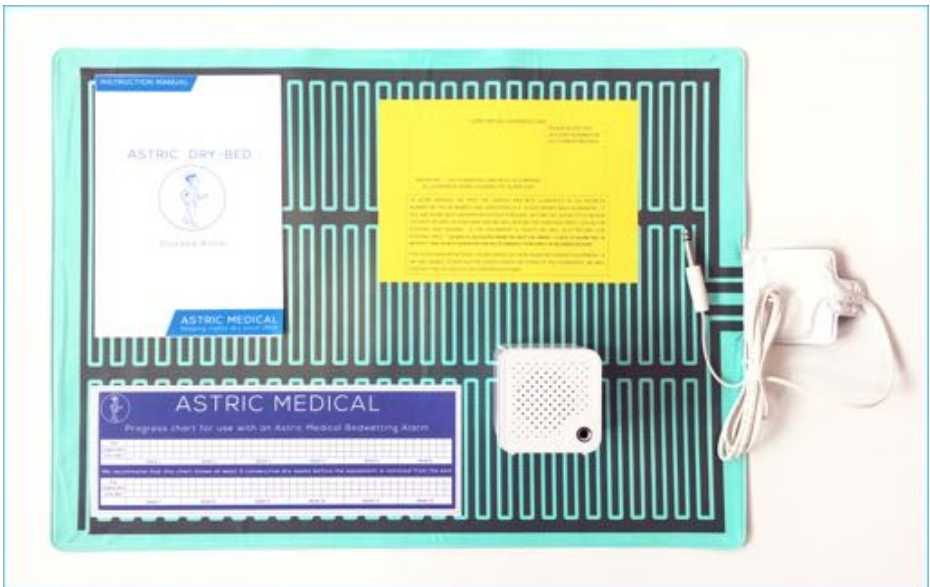
1. WHAT YOU GET IN THE BOX	3
2. BEFORE YOU START	4
3. SETTING UP THE ASTRIC DRY-BED	5
4. TESTING THE ASTRIC DRY-BED	6
5. INTRODUCING YOUR CHILD TO THE ASTRIC DRY-BED	7
6. MAKING THE BED	9
7. PREPARING YOUR CHILD FOR BED	10
8. FALSE ALARMS AND HOW TO AVOID THEM	11
9. WHAT TO DO WHEN THE CHILD WETS	12
10. USING THE PROGRESS CHART	13
11. THE STAGES OF CURING BEDWETTING	14
12. CARE AND MAINTENANCE	15
<i>Cleaning The Detector Pad</i>	15
<i>Changing The Batteries</i>	16
13. LONG TERM STORAGE	17
14. TROUBLE SHOOTING	18
<i>Alarm not going off</i>	18
<i>False Alarms</i>	18
15. WARRANTY	19
16. CUSTOMER SERVICES	20

WHAT YOU GET IN THE BOX

1. WHAT YOU GET IN THE BOX

Upon opening the Astric Dry-Bed you will find the following contents:

- **An Astric Dry-Bed Alarm Unit**
- **An Astric Dry-Bed Detector Pad**
- **A Progress Chart**
- **A Full Instruction Manual**
- **An Astric Medical 14 Day 'No Quibble' Money Back Guarantee Card**
- **2 x AAA batteries**



2. BEFORE YOU START

We are a family business which for over 60 years has cured many thousands of people from bedwetting. We sincerely hope that your purchase will lead to a complete cure. This instruction manual is designed to ensure you achieve the very best results from your Astric Dry-Bed.

Successful treatment timeframes vary on the individual, although it should be noted that we experience a 90% cure rate within 8 weeks.

Before you start using the device, we recommend that you read the instruction manual fully as reading the manual and following the recommended approach will ensure that you are using the Astric Dry-Bed to optimum effect.

The Alarm has been designed to wake the child when they wet. As the use of the Astric Dry-Bed continues the child becomes trained to wake when the bladder is full. This training creates the permanent connection between the brain and the bladder that exists in those that do not suffer from bedwetting.

SETTING UP THE ASTRIC DRY-BED

3. SETTING UP THE ASTRIC DRY-BED

Place the AAA batteries into the alarm unit.

Simply plugging in the Detector Pad to the Alarm Unit makes the system ready for use.



Familiarise yourself with the settings on the Dry-Bed.



There are 3 volume settings that can be chosen using the volume slider button. We recommend choosing the loudest setting.



There are also 3 different sounds that can be chosen using the sound slider button. We recommend initially choosing the middle option.

TESTING THE ASTRIC DRY-BED

4. TESTING THE ASTRIC DRY-BED

Once set up, the Astric Dry-Bed can be tested by pressing a metal paper clip onto the Detector Pad circuit. This will make the alarm sound. The alarm sounds because pressing the paperclip onto the Detector Pad completes the circuit in the same way urine would.



The Alarm can be turned off by disconnecting the Detector Pad from the Alarm Unit.

Should you ever wish to test the Astric Dry-Bed, using a paperclip is the recommended method as the Detector Pad will not require cleaning afterwards. Use of any liquid during testing will result in the Detector pad requiring a full clean.

5. INTRODUCING YOUR CHILD TO THE ASTRIC DRY-BED

It is important that your child is familiar with the device and cure process. It is also important to practice with your child what to do when the alarm goes off. This practice will help prime your child's brain to wake to the sound of the alarm.

We suggest the following approach:

- Explain to your child how the Astric Dry-Bed works and the process that is to be followed to a complete cure.
- Role play the alarm going off as follows:
 - Lay the Detector Pad on the bed and place the Alarm Unit on the bedside table. Do not cover the detector pad whilst practising how to use the device. Note – The correct bed making instruction must be followed at night time. Please see the 'MAKING THE BED' section of this manual.
 - Explain to your child that the Detector Pad will be covered at night when they lie on it.
 - Connect the Astric Dry-Bed to the Detector Pad.
 - Explain to your child that the alarm will go off when they wet and that when the alarm goes off, the child will need to get up and unplug the alarm.
 - Next set off the alarm by pressing a paper clip on the Detector Pad.
 - When the Alarm goes off ask your child to unplug the Detector Pad from the Alarm Unit which stops it from sounding.
 - Ask your child to now go to the toilet.

INTRODUCING YOUR CHILD TO THE DRY-BED

- Explain to your child that when the alarm goes off you will help them to clean the pad, re-make the bed and settle them down again ready for sleep.
- Show your child the progress chart and explain how and when it will be filled in. We recommend you introduce a suitable reward system so that the child has a strong desire to be dry and receives suitable praise.

6. MAKING THE BED

It is important to remember that:

- You will want to protect the mattress
- You want to avoid false alarms
- Your child should be as comfortable as possible
- You want to give your child the best chance of reaching a swift cure

Our recommended approach is to make the bed up as follows:

- mattress
- mattress protector
- bottom sheet
- Astric Detector Pad
- towel or flannelette strip covering the Detector Pad. If the Towel is not long enough to tuck into each side of the bed, we suggest you fold a sheet into a strip and place it over the towel tucking the sheet into each side ensuring the towel is held in place.
- Child goes here!
- top cover of either duvet or top sheet and blankets

Try to avoid your child getting too hot at night. Whilst your child is going through the training process we suggest that your child does not wear any underpants or pyjama bottoms at night. The pad and unit are designed to be sensitive enough to react quickly to urine. If the urine's arrival on the pad is slowed by either underpants or pyjama bottoms it might have a detrimental effect on the cure process.

7. PREPARING YOUR CHILD FOR BED

You should NOT restrict your child's fluid intake either during the day or in the evening before bedtime.

If your child is thirsty they should drink. The process being used to cure the child trains their brain to be able to control their bladder as they do during the day and to wake up at night when the bladder is full. By restricting fluid, you are not allowing the child's body to react normally, which can be detrimental to the cure process.

It is also important that you do NOT wake the child up when you go to bed. The process we recommend will train the child to recognise when their bladder is full. By waking the child to go to the toilet you are being counterproductive to the cure process.

Please encourage your child to go to the toilet before bedtime.

8. FALSE ALARMS AND HOW TO AVOID THEM

If the bed is not made as per the recommended approach, false alarms may occur.

False alarms can occur for 3 reasons:

1. The Detector Pad has not been cleaned properly and has urine residue and/or sweat on it.
2. Sweat or any other fluid has triggered the alarm.
3. The Detector Pad has folded back on itself.

People, including children, sweat during the night more than you would expect which is why it is important to have a suitable material between the Detector Pad and sleeping child.

We have found that the very best way to stop false alarms from sweat is to cover the Detector Pad with a strip of flannelette sheet (or a suitably sized towel). It is important that the flannelette sheet strip (or towel) is tucked in underneath the mattress ensuring that the Detector Pad will stay in place and will not fold onto itself. If your child sweats excessively, a second strip of flannelette sheeting may be needed.

A cotton sheet is not suitable as cotton will not absorb sweat but allow it to pass through the sheet and set off the alarm.

9. WHAT TO DO WHEN THE CHILD WETS

When your child wets, the alarm will go off. As your child has been introduced to the Astric Dry-Bed and cure process properly they will turn the alarm off and go to the toilet. If they do not do this, it is important that you intervene to ensure your child turns the alarm off and goes to the toilet. The child should attempt to go the toilet even if a full wee has occurred in the bed.

Note: If your child is a heavy sleeper and does not wake, it is important that you wake your child and ask them to turn off the alarm. If you follow this process, your child will start to wake when the alarm sounds.

Change any soiled bed linen and clothing and ensure the Detector Pad is properly cleaned and dried using the method in the 'Cleaning The Detector Pad' section.

Remake the bed and ask your child to reconnect the Detector Pad to the Alarm unit.

It is important that your child is fully awake so that they remember hearing the alarm and having been to the bathroom when they wake in the morning.

If a child continues to resist waking in the night when the the alarm sounds, you should consider temporarily sleeping in the same room as the child, so that you can help them through the cure process.

10. USING THE PROGRESS CHART

Each morning you and your child should complete the progress chart together, recording whether a night was dry, slightly wet or very wet.

At the end of each fortnight you should complete the summary table on the back of the progress chart.

After 4 weeks of use, compare lines A to B to see progress and track whether the number of dry nights have increased or the number of slightly wet or very wet nights have decreased. If an improvement has been made, however small, continue with the treatment. Remember that the average cure time is 8 weeks.

After 8 weeks of treatment compare lines C and D. If a total cure has not been obtained but further improvement has occurred, continue the treatment as this will likely lead to a full cure.

We recommend that you have at least 3 consecutive dry weeks before removing the equipment completely.

11. THE STAGES OF CURING BEDWETTING

There are 3 stages of bedwetting and we expect your child to go through these stages as they go through the cure process. These stages are:

- Very Wet – This is when your child has a full wee in bed.
- Slightly Wet – This is when your child wakes mid wee and stops weeing or does a very small wee. Your child will complete the wee in the toilet at this stage.
- Dry – The child will be completely dry at this stage and when consistently dry will be able to wake and go to the toilet on their own when their bladder is full.

It should be noted that once cured approximately 1 in 5 children suffers a period of regression. You should not be concerned about this. Should this happen, then start using the Astric Dry-Bed again. Our records show that full recovery for children who have regressed is normally much quicker.

12. CARE AND MAINTENANCE

Cleaning The Detector Pad

It is very important that the cleaning process is followed every time urine comes into contact with the Detector Pad for 2 reasons:

1. Even a small residue of urine (undetectable by the eye) is enough to set the alarm off.
2. Urine contains an acid. Acid that has not been cleaned away will degrade the Detector Pad.

The recommended method of cleaning the Detector Pad is to place your pad under warm running water and wipe with a clean cloth.

It is important that you:

- Do NOT use household cleaning fluids
- Do NOT use any form of wipe
- Do NOT use baby wipes
- Do NOT use alcohol based sprays

All of the above contain chemicals which can damage the surface of the pad and shorten its life

- Do NOT machine wash the pad
- AVOID wetting the plug or where the wire connects to the pad

Once the Detector Pad has been cleaned:

- Dry the pad thoroughly

CARE AND MAINTENANCE

- We recommend keeping a roll of kitchen towel wherever you expect to clean the pad, as this is a quick and easy way of restoring the pad to usability again.
- Make sure that the pad is completely dry before putting it back on the bed for re-use.

Some parents opt to buy a second pad so that there is instantly a clean and dry pad ready for use in the middle of the night. Even if you are alternating pads in this way, we recommend that you follow the cleaning process once the child has wet, even if you allow the pad to drip dry.

Even if there has been a dry night we recommend cleaning and drying the pad and its covering every day. Accumulated sweat, if not removed daily, can still give false alarms. Because sweat is colourless, it is worth remembering that the fact that you cannot see it, does not mean it is not there!

Changing The Batteries

The Astric Dry-Bed takes very little power and batteries will last a long time. When it is time to change batteries, remove the battery cover from the bottom of the Alarm Unit and replace the batteries.

Batteries go in the same way with the negative end of the battery aligning with the spring.



13. LONG TERM STORAGE

Once your child has progressed to the point that he or she seems cured and you want to put the unit and pad safely away, please take the following steps:

- Ensure the Detector Pad is completely clean and dry
- Store Detector Pad in the original polythene bag and keep flat.
- Remove batteries from the Alarm Unit

14. TROUBLE SHOOTING

Alarm not going off

Should the Alarm Unit not go off when your child wets please check the following:

- Ensure the Detector Pad is connected to the Alarm Unit.
- Test the Astric Dry-Bed by connecting the Alarm Unit and Detector Pad and pressing a paperclip across the circuit close to the end where the wire is as per section 4 '*TESTING THE ASTRIC DRY-BED*'.
- If the alarm did not go off, change the batteries.
- If the Alarm did go off, reset the alarm and use the paper clip to test further down the detector pad. A full testing process is available within the 'Video Guides' section of our website.
- If you find an area of the Detector Pad that does not work and your Detector Pad is within Warranty, please contact us for a replacement. Note: You will need to send your Detector Pad back to receive a replacement.
- Should all of the above not result in the alarm going off, please contact our customer service hotline.

False Alarms

If you are receiving false alarms, please review section 8 of the instruction manual '*FALSE ALARMS AND HOW TO AVOID THEM*'.

If you are making the bed properly and are still having false alarms, please contact our customer service hotline.

15. WARRANTY

- The Astric Dry-Bed Alarm Unit comes with a 1-year warranty against manufacturers defects in materials and workmanship and against breakage or failure under normal use.
- The Astric Detector Pad comes with a 3-month warranty against manufacturers defects in materials and workmanship and against breakage or failure under normal use.
- The warranty does not cover abuse or misuse.
- The warranty is not transferable.
- Proof of purchase with purchase date is required for eligibility of a warranty replacement.
- Shipping and handling costs incurred by the customer are not reimbursable.
- Astric Medical reserves the right to change specifications and warranty without prior notice.

16. CUSTOMER SERVICES

Our website has a number of videos designed to show you how to use the Astric Dry-Bed.

Our customer service team are also on hand to provide any product support required throughout the cure process. You can contact our customer service team by telephone, email or letter:

Contact details:

Customer Services: 01273 716516

Email: info@astricmedical.com

Website: www.astricmedical.com

Address:

ASTRIC MEDICAL LTD

THE FORGE

81 HIGH STREET

WORTHING

BN11 1DN

We are always interested to hear about the progress you and your child have made.

Please return the completed progress chart to us so that we may add it to our archive of responses.

Thank you for choosing the Astric Dry-Bed.

Address:

ASTRIC MEDICAL LTD

THE FORGE

81 HIGH STREET

WORTHING

BN11 1DN

ASTRIC MEDICAL



www.asticmedical.com

ASTRIC MEDICAL
Keeping nights dry since 1956