

# Wet-Stop<sup>3</sup><sup>®</sup>

## Wearable Alarm

### INSTRUCTION SHEET

The Wet-Stop3 device is a behavioral modification system for the treatment of bedwetting. This device can be used in the detection of wetness resulting from urination. The device consists of an alarm unit attached to a sensor via a cable connection. The alarm unit is designed with a magnetic tether attachment system to be worn with a pajama or a shirt top. The alarm has 5 alternating different tones to avoid the user from getting accustomed to the sound. The sensor is designed with a quick-clip jaw, allowing convenient attachment to the pajama bottoms or underpants.

#### How to Use Your Wet-Stop3 Alarm

**Pre-Use Test:** Open the battery compartment and insert 2 AAA batteries (not included). If the batteries contain power and if they are correctly inserted the white button on the side of the alarm should result in a flashing light. Attach the sensor cable by inserting the end securely into the alarm. Open the quick-clip sensor jaw and insert a wet cloth fully inside the sensor clip and close. The alarm is working if it sounds or vibrates. To stop the alarm press the white button for 3-4 seconds AND disconnect the sensor cable or wipe the sensor completely dry. In other words, this is a two step process and the alarm will not stop sounding or vibrating without holding the button for 3-4 seconds and either disconnecting the sensor cord or wiping it completely dry. When drying the sensor, lift the quick-clip jaw and completely dry the top and bottom of the sensor with a dry cloth, towel, or toilet paper. **Sometimes the moisture from your fingers will trigger the alarm. If this occurs just reset the alarm.**

**Wet-Stop3 Use:** Open the battery compartment and move the alarm/vibrate switch to V=vibrate only; A=alarm only; or VA=vibrate and alarm. Replace the batteries and close the compartment. Attach the alarm unit to the pajama top using the magnetic tether strap. An optional attachment method is to attach the alarm unit to the pajama top using a safety pin through the hole on the top of the tether strap. Next, put the sensor cord under the pajama or nightshirt, going in at the collar and out at the nightshirt hem. Attach the sensor to the underwear by opening the quick-clip jaw, stretching the underwear into the sensor opening, and then closing the quick-clip jaw. Give a gently tug on the sensor to make sure it is fastened to the underwear. A small amount of moisture on the underwear that is in contact with the sensor will cause the alarm to sound or vibrate, so be sure to position the sensor near the area where urine comes out of the body. Once the alarm or vibration occurs the child should turn the Wet-Stop3 off by pushing the white off button for 3-4 seconds AND either disconnecting the sensor cord from the alarm or wiping the sensor completely dry with a cloth, towel, or toilet paper. Remember this is a two step process and the alarm will not stop sounding or vibrating without holding the button for 3-4 seconds and either disconnecting the sensor cord or completely drying the sensor by wiping the top and bottom. The intent is to make it more difficult for the child to turn the alarm off without completely waking up. The alarm will not stop until the two steps are completed. Warning: Do not hold an alarming device within 2 inches of the ear.

#### Parental Help is Needed When Using An Alarm:

During the course of using the alarm, parental help may be needed to teach the child to react and awaken to the alarm or vibration. During this time it is common for your child to empty the bladder in bed and discover upon going to the bathroom that there is nothing left to urinate. During the first few weeks your child should begin to stop the urination stream earlier and will finish urinating in the toilet. Each success will result in smaller wet spots, which will shrink further with continued training. Soon thereafter, your child should begin to awaken when the urge is felt, anticipating the alarm. There will still be times when the alarm will sound, but the wet spot will be only on the underwear, leaving the bed dry. After about one to three months, your child should have periods of uninterrupted dryness. There may still be occasional wet nights, so continue to use the alarm until your child has had one month of uninterrupted dryness, then stop using the alarm.

A relapse is when your child wets for two or more nights in a row after a month or more of dryness. If a relapse occurs, begin using the alarm again immediately. Relapses are usually easier to cure than the original bedwetting. Since your child may have become unaccustomed to the alarm, parental help may be needed initially, as it was when alarm was first introduced. Results may vary with each child.

#### Training Tips:

- 1- Your child must be reminded each night to stop urinating when first aware of the alarm sound or vibration—even if dreaming.
- 2- During the first few weeks, help your child to get up and finish urinating in the bathroom when the alarm sounds. Turn on the room lights and help your child to wake up. Applying very cold water or a cold wash cloth to your child's face will usually awaken even the deepest sleeping child. Your child should be the one to stop the alarm for training to be most effective. In the morning, ask your child to recall what he/she did when the alarm went off.
- 3- Do not take your child for routine nighttime toilet trips except before bedtime or as directed by your physician. This will prevent the alarm from sounding, prevent training from occurring, and prevent your child from learning to awaken independently.
- 4- If the underwear is wet, your child should change into a dry pair and attach the clean and dry sensor to the dry underwear before returning to bed. If the bed is wet, change the bedding or cover the wet spot with a pad or towel to prevent dampening of the fresh dry underwear.
- 5- An extra hour of sleep each night (earlier bedtime) or a regular afternoon nap may help your child to avoid excessive fatigue and to respond quickly to the alarm. Excessive tiredness will deepen your child's sleep and cause your child to respond more slowly to the alarm.
- 6- Using a night-light also helps a deep-sleeping child to respond to the alarm. If there is special difficulty in waking to the alarm, turn on a small desk lamp in the room after the child has fallen asleep.
- 7- Praise your child whenever you observe any kind of progress; for example, waking to the alarm or smaller accidents. Profusely praise your child whenever he or she anticipates the alarm and awakens before it sounds. You and your child should keep a record of dry and wet nights on a calendar. Use the reward chart with stickers that are included with the Wet-Stop3 alarm. Silver stars are earned when your child responds to the alarm and there is a small wet spot, and gold stars are awarded when your child is dry all night.
- 8- It is recommended that evening intake of foods and beverages should be avoided. Children with nighttime wetting should avoid caffeine and chocolate intake throughout the day.
- 9- Remember-good daytime bladder and bowel habits lead to nighttime dryness!!

#### Maintenance and Cleaning:

Aside from occasional battery replacement, your new Wet-Stop3 is designed for minimal maintenance. After each use wipe the alarm and sensor with a dry cloth. The alarm unit is not waterproof. Make sure the alarm unit is not rinsed or submerged in water or other liquids. Additional sensors are available from PottyMD.

#### Battery Replacement and Disposal:

Batteries should be replaced whenever the alarm is not functioning, the sounds or vibrations are weak, or if the white button does not light when it is pushed. Remove battery cover on the back side of the alarm unit. Remove the old batteries. Insert two new AAA batteries by pushing them into the battery housing. Dispose of the batteries only in accordance with local environmental regulations. For further details on local regulations, contact your local disposal or environmental agency. Should you wish to dispose of your Wet-Stop3 after use, remove the batteries and dispose of the Wet-Stop3 device similar to other non-hazardous electronic waste products.

#### Caution Statements:

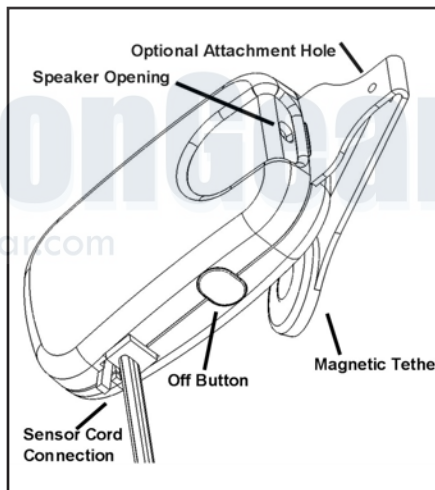
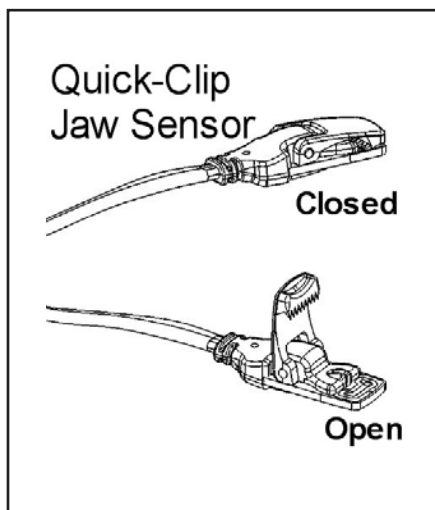
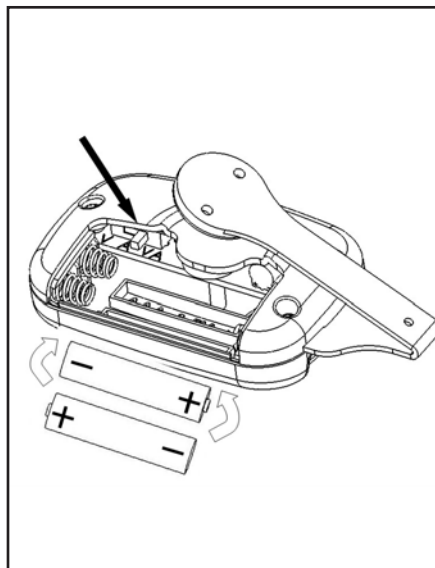
- 1- The Wet-Stop3 is not intended to be used as an infant training aid for potty training or for incontinence-related issues. The Wet-Stop3 should not be used for children under four years of age, unless recommended by a physician.
- 2- As the device is being installed and during usage, ensure that the cord does not become tangled around the user in any way.
- 3- To prevent a choking hazard, ensure the device or any of its associated components are not put in the mouth at any time.
- 4- If the user chooses to attach the alarm unit using a safety pin, choose a secure pin that does not come loose easily. The manufacturer is not responsible for any injuries that may occur when using a safety pin. The Wet-Stop3 is designed to only use the magnetic tether strap.
- 5- Your child may become disoriented by the sound of the alarm. A soft rug or padding at the bedside will help prevent injury should your child roll out of bed upon awakening. Minimizing the elevation of the bed above the floor is advisable.
- 6- Wet-Stop3 is not intended for multiple users.
- 7- Store the Wet-Stop3 in a cool dry place between uses.

#### Warranty:

Wet-Stop3 carries a one-year warranty against manufacturer's defects in materials and workmanship and against breakage or failure under normal use. This warranty does not cover misuse or abuse. PottyMD will, at its option, repair or replace this product at no charge. This warranty gives you specific legal rights, and you may also have other rights under law. For alarms not purchased directly from PottyMD, a proof of purchase, such as a canceled check or dated store receipt must be sent along with the Wet-Stop3 to be eligible for the replacement. Shipping and handling costs incurred by the customer are not reimbursable. PottyMD reserves the right to change specifications and warranty without prior notice.

#### Additional Resources:

Additional technical information about Wet-Stop3 is available from PottyMD. You may call or email a member of the PottyMD staff if you have questions regarding our enuresis alarm. Also, the PottyMD websites ([www.wet-stop.com](http://www.wet-stop.com) and [www.pottymd.com](http://www.pottymd.com)) contain more useful information on the bedwetting topic and provides other reference information about the PottyMD Wet-Stop device.



Knoxville, TN USA  
Toll-free (in USA & Canada): 877-768-8963  
Tel: 865-584-6700 • fax: 865-584-6703  
e-mail: [support@pottymd.com](mailto:support@pottymd.com) • web: [www.pottymd.com](http://www.pottymd.com)

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MDSS GmbH  
Schiffgraben 41  
30175 Hannover  
Germany



CE marking of conformity



Type B Equipment

See instructions for use



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