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# Nocturnal Enuresis Management

## Adjudication Guideline

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### Abstract

#### For Members

Nocturnal enuresis, commonly called bedwetting, is involuntary urination while a sleep after the age at which bladder control usually occurs. Children achieve bladder control at different ages. By the age of 5 years, most children no longer urinate in their sleep. Bed-wetting up to 5 years of age, treatment for bed-wetting usually is not necessary. Treatments range from behavioural-based options such as bedwetting alarms, to medications.

#### For Medical Professionals

This adjudication rule defines the various treatment modalities of nocturnal enuresis and their plan wise coverage for all health insurance plans administered by Daman.

Daman does not cover Bedwetting alarms for any plan administered by Daman. Medications for nocturnal enuresis are covered for children above the age of 5 years subject to medical justification.

**Approved by:**  
Daman

**Responsible:**  
Medical Standards & Research

**Related Adjudication Guidelines:**  
None

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## Scope

This adjudication rule defines the various treatment modalities of nocturnal enuresis and their plan wise coverage for all health insurance plans administered by Daman.

The scope of this guideline is to focus on children who wet at night after age 5 are considered Nocturnal enuresis.

Treatment modalities include:

1. Behavioural and physical interventions like:
  - Teaching families to reward dry nights;
  - Avoiding punishment for wet nights;
  - Lifting or walking the child to void after going to sleep;
  - Responsibility training;
  - Limiting fluids prior to bedtime.
2. Bedwetting alarms.
3. Medications such as desmopressin and imipramine

## Adjudication Policy

### Eligibility / Coverage Criteria

Treatment modality	Plan wise coverage	
Behavioural and physical interventions	Will be covered as per policy benefit	
Bedwetting alarms	Not covered for any plan	
<b>Medications</b>		
Desmopressin	Indicated in children above 5years of age Not indicated in children with day time symptoms only.	Age below 5years-Not covered for All Plans.
Anticholinergic(Oxybutynin)	Without daytime symptoms- NOT indicate with daytime symptoms – Only in combination with Desmopressin Anticholinergic should not be combined with TCAs for the treatment of bedwetting in Children and young people.	Age above 5 years-Covered for All Plans.
Tricyclic antidepressants(imipramine, Amitriptyline)	TCAs (Imipramine) should be considered if the patient has not responded to all other treatments.	TCAs should not be used as a first line treatment for bedwetting in children and young people.

## Requirements for Coverage

ICD, CPT and drug codes must be coded to the highest level of specificity.

## Non-Coverage

An enuresis alarm is considered a behavioral training device and is therefore not covered for any health insurance plan administered by Daman.

## Payment and Coding Rules

Please apply HAAD payment rules and regulations and relevant coding manuals for ICD, CPT, etc.

## Denial codes

Code description
Service(s) is (are) not covered.
Benefit maximum for this period or occurrence has been reached.
Prior approval is required and was not obtained
Claim information is inconsistent with pre-certified/authorized.
Submission not complaint with contractual agreement between provider & payer
Services not available on direct billing
Service is not clinically indicated based on good clinical practice, without additional supporting diagnosis/activities
Activity/diagnosis is inconsistent with patient's age/gender

## Appendices

### A. References

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## B. Revision History

Date	Change(s)
01-07-13	V2.0 New template
15-07-14	1. V 3.0 - Disclaimer updated as per system requirements - Restored original effective date
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