

Nocturnal Enuresis Management

Adjudication Guideline

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Medical

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1. Abstract

1.1 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. Bedwetting up to 5 years of age, treatment for bedwetting usually is not necessary. Treatments range from behavioural-based options such as bedwetting alarms, to medications.

1.2 For Medical Professionals

- Enuresis refers to the involuntary loss of urine during sleep that occurs at least twice a week in children older than 5 years of age (or the developmental equivalent) for at least 3 months, and it is the most common urologic complaint in pediatric patients.
- Treatment modalities include:
 - 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.
 - Bedwetting alarms.
 - Medications such as desmopressin and imipramine
- 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.

2. 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.

3. Adjudication Policy

3.1 Eligibility / Coverage Criteria

Treatment Modality	Plan wise coverage	
Behavioral and physical interventions	Will be covered as per policy benefit	
Bedwetting Alarms	Not covered for any plans	
Medication		
Desmopressin	Indicated in children above 5years of age Not indicated in children with daytime 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.

3.2 Requirements for Coverage

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

3.3 Non-Coverage

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

3.4 Payment and Coding Rules

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

4. Denial Codes

Code	Code Description
AUTH-005	Claim information is inconsistent with pre-certified/authorized services
AUTH-001	Prior approval is required and was not obtained
CLAI-012	Submission not compliant with contractual agreement between provider and payer
MNEC-004	Service is not clinically indicated based on good clinical practice, without additional supporting diagnoses/activities
NCOV-003	Service(s) is (are) not covered
CODE-014	Activity/diagnosis is inconsistent with the patient's age/gender
CLAI-017	Services not available on direct billing

5. Appendices

5.1 References

- <https://www.ncbi.nlm.nih.gov/books/NBK545181/>
- https://www.uptodate.com/contents/nocturnal-enuresis-in-children-management?search=nocturnal%20enuresis&source=search_result&selectedTitle=1%7E39&usage_type=default&display_rank=1
- <https://www.nice.org.uk/guidance/cg111/evidence/cg111-nocturnal-enuresis-the-management-of-bedwetting-in-children-and-young-people-full-guideline3>
- <https://www.aafp.org/pubs/afp/issues/2014/1015/p560.html>
- <https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD002112/abstract>

5.2 Revision History

Date	Change(s)
01/07/2013	V2.0 • New Template
15/07/2014	V3.0 • Updated as per the system requirements • Restored original effective date
01/08/2018	V4.0 • Content update
31/12/2024	V5.0 • Template updated • Content updated • References updated

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