

Wet-Stop²

Wearable Alarm

INSTRUCTION SHEET

The Wet-Stop² device (Figure 1) is a behavioral modification system for the treatment of bedwetting in children. 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 shirt top. The sensor is designed with a quick-clip jaw, allowing convenient attachment to a child's pajama bottoms or underpants.

How to Use Your Wet-Stop² Alarm

Pre-use Test: Pull out the tabs under battery lid to activate the device. Ensure the volume switch setting is set to the highest level. Next, depress the white sensor pushbutton (Figure 2). Insert a wet cloth fully inside the sensor grip. Make sure the metal probes inside the sensor (Figure 2) are in contact with the wet cloth (Figure 3). The alarm is working if it sounds.

Alarm Tone and Volume Selection: Next select the alarm tone by moving the tone selection switch to different positions and choosing your desired tone while continuing to grip the wet cloth with the sensor. After the tone selection step is complete, move the volume switch to the off position to stop the alarm. You can then set the volume switch to the desired level before attaching the Wet-Stop² to the child's clothing as described in the section below (Wet-Stop² Use). Note: Parent should set the volume when listening to the device at an equivalent distance to the ear as the child will experience.

Warning: Do not hold an alarming device within 3 inches of the ear.

Wet-Stop² Use: Attach the alarm unit to the pajama top using the magnetic tether strap (Figure 4).

An optional attachment method is to attach the alarm unit to pajama top using a safety pin through the hole on the top of the tether strap. Next, put the cord under the pajama or nightshirt, going in at the collar and out at the nightshirt hem (Figure 4). Attach the sensor to the child's underwear, stretching the underwear into the sensor opening as shown in (Figure 3). A small amount of moisture on the underwear material inside the sensor opening will cause the alarm to sound, so be sure your child does not wet on the underwear before going to bed. When urine sets off the alarm, turning the volume switch to the off position will stop the sound. If the alarm is left in the on position, it will keep sounding continuously for one minute, followed by another minute of intermittent alarm sound, followed by blinking lights.

Battery Replacement and Disposal: Palco Labs has supplied an extra set of batteries for your convenience.

To replace the old batteries, use a small flat head screwdriver. Remove battery cover on the back side of the alarm unit. Insert the screwdriver in the slot on the side of the battery housing (Figure 5) and gently push the old battery out. Do not try to pry the battery holder up when removing old batteries. Insert the new battery by pushing it into the battery housing (Figure 6). Make sure the replacement batteries are positioned in the device with positive poles facing up as shown in (Figure 6). Replace only with button type CR-1620. The batteries may be purchased at most stores where batteries are sold. Dispose of the batteries only in accordance with the manufacturer's recommendations and local environmental regulations. For further details on local regulations, contact your local disposal or environmental agency. Should you wish to dispose of your Wet-Stop² after use, remove the batteries and dispose of the batteries as instructed above. The Wet-Stop² device may be disposed of with standard non-hazardous waste products.

Caution Statements:

- 1- The Wet-Stop² is not intended to be used as an infant training aid for 'potty training' or for incontinence-related issues. The Wet-Stop² 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 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, ensure that the alarm unit is attached to the clothing as described in the section called Wet-Stop² Use. Choose a secure pin that does not come loose easily.
- 5- After the pre-use test, set the volume and tone of the alarm to the most desirable selection for the user.
- 6- Your child may become disoriented by the sound of the alarm. A soft rug 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.
- 7- Wet-Stop² is not intended for multiple users.
- 8- Store in a cool dry place between uses.

Maintenance and Cleaning:

Aside from occasional battery replacement, your new Wet-Stop² is designed for minimal maintenance. After each use rinse the sensor and wipe off the alarm if required. Make sure the alarm unit is not rinsed or submerged in water or other liquids.

Warranty:

Wet-Stop² 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. Palco Labs 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 Palco Labs, a proof of purchase, such as the canceled check or dated store receipt must be sent along with the Wet-Stop² to be eligible for the replacement or refund. Shipping and handling costs incurred by the customer are not reimbursable. Palco Labs reserves the right to change specifications without prior notice.

Parental Help is Essential to Success:

During the first week or two, parental help will be needed to teach your child to react to the alarm. At 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 next few weeks your child begins 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 will 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 three to six 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 easier to cure than the original bed-wetting. Since your child may have become unaccustomed to the alarm, parental help may be needed initially, as it was when the alarm was first introduced.

Training Notes:

- 1- For at least one week, fully awaken your child one to two hours after he or she has fallen asleep, during the child's period of deepest sleep.
- 2- Your child must be reminded each night to stop urinating at the first moment of awareness of the alarm sound, even if the sound is heard as part of a dream.
- 3- During the first few weeks, help your child to get up and finish urinating in the bathroom when the alarm sounds. Do not turn the alarm off for your child. 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.
- 4- 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.
- 5- If the underwear is wet, your child should change into a dry pair and attach the sensor to the dry underwear before returning to bed. If the bed is wet, cover the wet spot with a pad or towel to prevent dampening of the fresh dry underwear.
- 6- An extra hour of sleep each night (earlier bedtime) or a regular afternoon nap will help your child to avoid excessive fatigue and to respond quickly to the alarm. Excessive fatigue will deepen your child's sleep and cause your child to respond more slowly to the alarm.
- 7- Using a night-light also helps a deep-sleeping child to respond to the alarm. A 7-watt night-light in a child's room will help most children awaken to the alarm. If there is special difficulty in waking to the alarm, turn on a small desk lamp (25 watts) in the room after the child has fallen asleep.
- 8- Praise your child whenever you observe any kind of progress; for example, waking to the alarm or reducing wet spot size. Profusely praise your child whenever he or she anticipates the alarm and awakens before it sounds. Have your child keep a success record on the monthly calendar sheets, which came with the Wet-Stop². Silver stars are earned when there is a small wet spot, and gold stars when your child is dry all night.
- 9- Some children will have difficulty stopping the flow of urine even after waking up and may have a "dribbling" problem during the day. This indicates a weakness of the muscle which controls the flow of urine. This muscle can be strengthened by stopping the flow of urine in midstream a few times during each daytime urination. It is recommended that evening intake of foods and beverages containing caffeine (including chocolate and tea) be avoided.

Additional Resources:

Additional technical information about Wet-stop² is available from Palco Labs. You may call a member of our staff if you have questions regarding our enuresis alarm. Also, the Palco Labs web site (www.wet-stop.com) contains more useful information on the bedwetting topic and other reference information such as customer letters and experiences with the Palco Labs Wet-Stop device.



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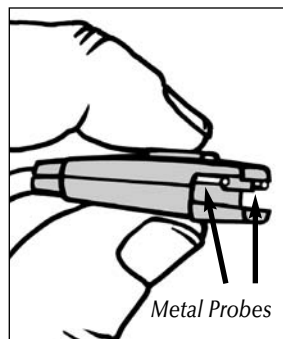
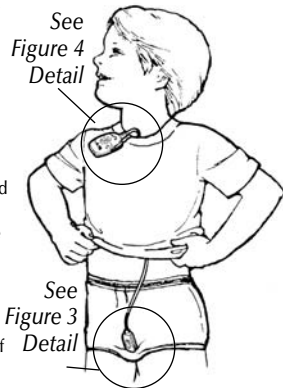


Figure 2



See Figure 4 Detail

See Figure 3 Detail

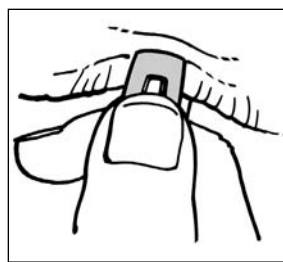


Figure 3

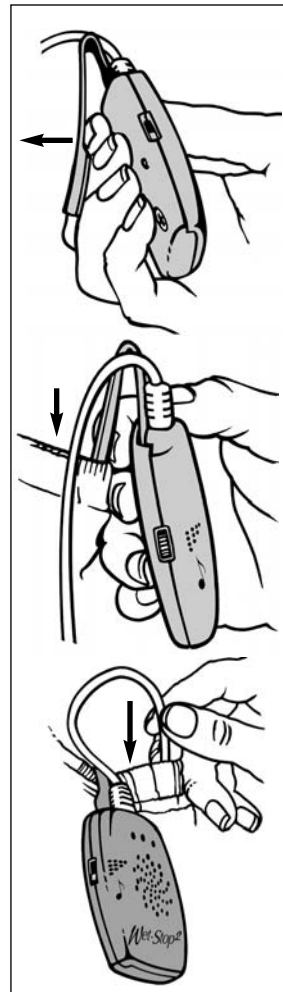


Figure 4

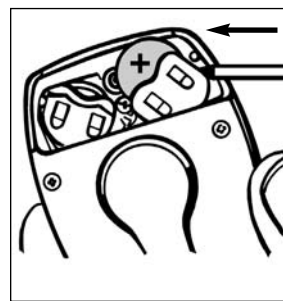


Figure 5

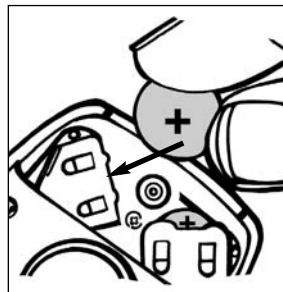


Figure 6

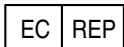
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Patents Pending

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CE marking of conformity



See instructions for use



Type B equipment



Battery

Doc. # 1002-95001-000