

Extraordinary Urinary Frequency

What is Extraordinary Urinary Frequency?

Extraordinary urinary frequency is a benign condition. It often develops suddenly, most commonly in toilet-trained children under the age of 10, without any other signs or symptoms. Rarely is there ever a physical cause found for this condition. The signs and symptoms of extraordinary urinary frequency include urinary frequency (urinating very often) and urgency (feeling the sudden strong urge to urinate). The child may feel the need to urinate as often as every 5 minutes throughout the day while awake. The children who experience this usually have no daytime or nighttime wetting accidents or incontinence, no evidence of infection, and no abnormalities when examined physically. They also do not usually wake up during the night to urinate as often as they do during the day.

What causes extraordinary urinary frequency?

Children who develop extraordinary urinary frequency get better on their own but the symptoms may last for weeks or months. Sometimes there is an event that triggers the frequency. It may be related to stress at school. Other events that could be the cause of this condition are the death of a family member or friend, birth of a sibling, parental divorce, or abuse. There also could be dietary factors involved, such as a large intake of caffeine or milk. Lastly, constipation can cause urinary frequency, so it is important to figure out how often the child is having bowel movements, and whether or not they are painful or hard. Sometimes there is no obvious trigger for these urinary symptoms.

What are some things that I can try in order to help my child?

- If you believe your child has extraordinary urinary frequency, it is important that they have a physical exam and urinalysis. If the exam and urinalysis are normal, then the most important thing is to be patient; your child will get better on their own. There is no need to do any sort of invasive urinary tract testing.
- It is important to figure out if there are stressors that could be the cause of this urinary frequency and if so, address them.
- If there is any degree of constipation, such as hard and/or painful bowel movements, or bowel movements that occur less than daily, first try to relieve this by increasing the fiber and water in your child's diet. If this does not help, then we will likely recommend a mild laxative.

Other symptoms such as pain with urination, difficulty urinating, or urinary accidents are not usually seen with extraordinary urinary frequency. If those symptoms are present, or if the urinary frequency is especially slow to resolve, your child may need further medical evaluation.

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