Nocturnal Enuresis

- The reported incidence of clozapine-induced nocturnal enuresis (CINE) ranges from <1 percent to over 40 percent. Low estimates may simply reflect the embarrassing nature of reporting this relatively common adverse effect.
- Routine monitoring is essential. Failure to inquire may adversely impact adherence.
- Generally occurs within the first three months of treatment.

Non-pharmacological management:
- Limit fluid intake during the evening.
- Void at bedtime.
- Schedule a middle-of-the-night awakening to empty the bladder. Enuresis alarms can also be used.

Pharmacological approaches
- Limited data
- Successful treatment of CINE has been reported with:
  - desmopressin (vasopressin analogue)
  - tricyclic antidepressants
  - oxybutynin (anticholingeric)
  - ephedrine (α-adrenergic agonist). Caution is advised in the use of ephedrine due to potential for anxiogenesis and worsening of psychosis.
- For a recent review available in the public domain, see “Treatment Options for Clozapine-Induced Enuresis: A Review of Clinical Effectiveness” published by the Health Technology Inquiry Service, Canadian Agency for Drugs and Technologies in Health, Sept. 27, 2010.