

INSTRUCTIONS

For the Use and
Care of

NiteTrain-r®

A Fast,
Effective Way to
**STOP
BEDWETTING**

Forever.
(for children & adults)

Dual Volume
Control Alarm
(DVC)

Nite Train-r®

WHAT IS IT?

Nite Train-r is a medically proven way to safely stop bedwetting forever. It consists of a small, transistorized alarm and two, long-lasting, moisture-sensitive pads. The special pads can detect moisture after only one or two drops of urine. The pads provided with the kit are reusable.

The transistorized alarm comes with a 9-volt battery and is built into a small, lightweight, plastic box.

YOUR CHOICE OF VOLUME CONTROL

The Nite Train-r alarm has a built-in volume control switch (high and low) for your selection of soft toned or loud toned alarm.

The soft tone alarm is a good choice for children who are not "deep" sleepers, while the loud toned alarm is a good choice for those "hard-to-wake" sleepers. All Nite Train-r alarms generate a highly alerting warbling sound.



*Nite Train-r
Female Unit
(NT-F)*



*Nite Train-r
Male Unit
(NT-M)*

HOW DOES NITE TRAIN-R WORK?

(For your convenience all necessary items are included in the Nite Train-r Kit.)

STEP 1—Attach Velcro Strip

Take the Velcro strip (soft side up), place it with the two safety pins provided on the shoulder of the pajama top (close to the ear).

STEP 2—Place Alarm Box on Velcro Strip

Now, place the alarm box on the Velcro strip. Press gently together.

STEP 3—Fit Moisture-Sensitive Pads

For Boys:

Place the moisture-sensitive pad into snug-fitting jockey shorts, with the wide area of the pad in front. The holes in the pad should be in contact with the body, so they can detect and hold the first sign of wetness.

For Girls:

The narrower girl's pad is worn in panties and is placed evenly between the legs with the wide end in front. The holes in the pad should be in contact with the body, so they can detect and hold the first sign of wetness.

STEP 4—Plug Cord into Alarm Box

Take the cord that is attached to the moisture-sensitive pad and bring it up underneath the pajama top (next to the skin), and plug it into the alarm box on the shoulder. The alarm may sound as you are plugging it in, but it is only an indication that the system is working.

STEP 5—To Test Alarm

Slowly insert the plug into the alarm box until a slight resistance is felt. The alarm will sound letting you know it is working. Set the volume to either high or low by moving the switch located at the back of the alarm box. Now—fully insert the plug into the alarm box, and it is ready to use.

STEP 6—First Sign of Wetness— The Alarm Goes off

The Nite Train-r alarm will go off after only one or two drops of urine. When this happens, be sure your child gets up and goes to the bathroom normally. Do not unplug the alarm until he is completely awakened.

STEP 7—Change to a Dry Pad

After your child has gone to the bathroom, change to a dry pad and if necessary, clean jockey shorts or panties. (The Nite Train-r comes with an extra moisture-sensitive pad.)

STEP 8—From Every Night Wet— to Every Night Dry

Nite Train-r is a gradual conditioning process that moves your child from every night bed wetting, to an occasional wet bed, to every night dry.

HELPFUL TIPS

1. Nite Train-r is an important part of the answer—but so is your love, attention and care. A child's embarrassment and fear can be replaced by patience and understanding. With Nite Train-r as your partner, you'll have a chance to improve your child's self confidence and to overcome the problem of bedwetting, forever.
2. No two children will overcome the problem of bedwetting in the same amount of time. For some it's two weeks, for others it's two months. Be a friend.
3. Light can reduce "deep sleeping" which often leads to bedwetting. A small 7 1/2-watt bedside lamp may be helpful. Or, if your child doesn't sleep well with a light nearby, a stronger 15-watt light outside the door or hall may work. The light is also comforting when the alarm wakes them up in the night.
4. Check with your doctor before using Nite Train-r to be sure a child is not suffering from a kidney disease or a urinary problem.

CARE AND CLEANING

1. When removing the pad from the jockey shorts or panties, be sure to grasp the pad *not the cord*. The wires are delicate and could pull apart.
2. Clean the pads by rinsing in warm (not hot) water. Hot water may cause the material to separate. Gently swish the pads in a sink to remove the urine salts. If the salts are not adequately washed out, the alarm may sound prematurely.
Take the pads out of the water. To remove the water from the holes slap the pad gently against the rim of the sink. After that the pad may be dried by hanging it in warm air, or by blow drying on low-setting (Do not use hot air).
3. *Do not squeeze the pad*. This could cause it to retain moisture.
4. Do not get the alarm box wet.
5. When you are not using the Nite Train-r, pull the plug out of the alarm box. This will prolong the life of your battery. To store Night Train-r, clean, unplug and put away.
6. Nite Train-r is a medical device not a toy, so treat it with care.
7. In case you change the battery, the Nite Train-r alarm requires a 9-volt battery, either a general purpose or Alkaline.

NiteTrain-r®

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NiteTrain-r®

Manufactured by
Koregon Enterprises, Inc.
9735 S.W. Sunshine Court, Suite 100
Beaverton, OR 97005
(503) 626-8833 or 1-800-544-4240

ORDERING EXTRA MOISTURE PADS

Additional moisture pads may be purchased by sending check or money order to above address. The cost is \$13.00 each plus \$2.00 shipping & handling.

ORDER FORM FOR PADS

Please send _____ Moisture-Sensor pad(s)

Price ea. \$13.00 plus \$2.00 shipping & handling

_____ Boy _____ Girl

Check or Money Order enclosed

VISA Mastercard or AMEX

No. _____ Exp. Date _____

Name _____

Address _____

City _____

State _____ Zip _____

Phone # _____