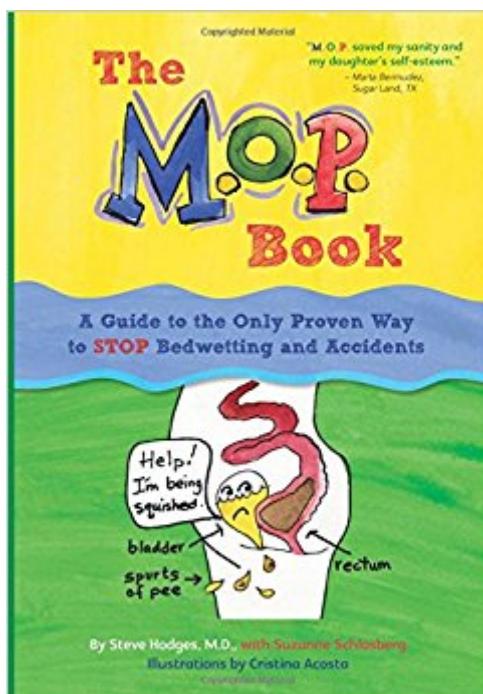


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# The M.O.P. Book: A Guide To The Only Proven Way To STOP Bedwetting And Accidents



## Synopsis

Are you tired of waiting for your child to “outgrow” bedwetting? Have you tried medication, bedwetting alarms or Miralax to no avail? In this groundbreaking, easy-to-follow book, Wake Forest University pediatric urologist Steve Hodges, M.D., spells out the only reliable solution to bedwetting and daytime accidents: M.O.P., the Modified O'Regan Protocol. M.O.P. is named for Dr. Sean O'Regan, a pioneer in bedwetting research. It is based on a simple, proven fact: bedwetting is caused by chronic, severe constipation. Stool piles up in the rectum, pressing against the bladder; only when the rectum is cleared out on a daily basis can it shrink back to size and stop aggravating the bladder. Dr. Hodges published research proves daily enemas are the only effective way to clear out the rectum and stop bedwetting for good. M.O.P. also resolves daytime pee accidents (enuresis) and poop accidents (encopresis). The pediatric urology team at Mayo Clinic calls M.O.P. “incredibly effective.” Parents call it “life changing” and “a life saver.” The M.O.P. Book includes: how to give your child an enema, safety guidelines, a supply list, how to prevent a relapse, and advice on collaborating with your M.D. The M.O.P. Book builds on Dr. Hodges acclaimed first book, “It's No Accident.” If your family is worn out from your child's struggles with accidents, you will be grateful for “The M.O.P. Book.”

## Book Information

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## Customer Reviews

Steve Hodges, M.D., is an associate professor of pediatric urology at Wake Forest University Medical School and co-author of "It's No Accident" and "Bedwetting and Accidents Aren't Your

Fault," essential books for any family struggling with toileting difficulties. His website is [BedwettingAndAccidents.com](http://BedwettingAndAccidents.com). Suzanne Schlosberg is a health and parenting writer and author of 15 books. Cristina Acosta is an accomplished illustrator and artist.

This book was worth the investment. It manages to transcend medical jargon through playful design and formatting. Completely unique approach to bed wetting and accidents.

Great info and explanations for the problems child constipation can cause.

This is an amazingly helpful book, finally explaining symptoms that we have dealt with for years and which were overlooked / underplayed by our pediatrician. Do not buy the "they will grow out of it" narrative. Finally, in response to the review that complained about it not working after 7 weeks.... we have been working on this for 2.5 months. Symptoms not yet cleared, but the situation overall improving and it is clear this approach is working better than any other. I too wish there was a silver bullet for this, and after 4-5 weeks it was done, but in a significant number of cases it needs a long-term commitment.

Buy this book! This is not an over night fix, this is a program and it's working for my 4 year old who has daily accidents and has never been dry through the night. This book is a game changer. We are 20 days into the program and have seen lots of success. In fact, Dr. Hodges gives an outline for the improvements you will witness and we are seeing them all.

This is a serious medical condition, a chronic illness, that creates incredible tension in a household and tears apart your child's self-esteem almost without you realizing it. Dr. Hodges has taken all of the guess work out of treating this illness by writing a thoughtful, to the point and easy to follow manual. I have searched for over a year for an MD to help my son who was simply prescribed Miralax and sent to a behaviorist (both of which we did not do because my mother's intuition kept indicating that there was more to it). Dr. Hodges POV was the first that made sense and was backed by scientific evidence. And his commitment to helping families is evident in his approach. I would also say to moms: read this book and then make sure YOU are in a proper mindframe to administer this program. Make the bathroom experience good for your children by having fun in there and don't make a big deal about it... be honest with them, calm and loving. Thank you MOP.

So I wanted to share our crazy awesome results. We started giving our 12 yr old bedwetter nightly enemas (fleet adult liquid glycerin suppositories) 6 nights ago and we have had 6 dry nights in a row. I'm trying to be cautiously optimistic that there might still be some hiccups down the road, but honestly, this is huge for us. My son was potty trained at 2 1/2, but even though he didn't have accidents in the day, he has been a nightly bedwetter. We have never had a spontaneous dry night. Ever. When we go on camp outs or on the nights he's wanted to sleep in our bed we have had to get him up several times in the night or he would soak the sheets. In other words, he wet several times a night. For this reason regular pull ups never worked because there was too much output. We have spent a fortune on different water proof sheets and pads, both disposable and reusable. We spent close to two thousand dollars for therapy at the Enuresis Treatment Center. Big waste of money. I do not recommend it! We spent another thousand on bi weekly trips to the chiropractor. Numerous alarms. So. Much. Laundry. The one constant has been that we've always known this was not his fault and so he has never been shamed. But it has still taken a toll on his confidence. When I learned about MOP I finally made an appt with a pediatric urologist. The closest one was 2.5 hours away. I had so much hope that the X-rays would support what I was expecting to find. However, they completely dismissed the notion that he was constipated. Said he actually looked better than most kids. I wouldn't let it go and Dr. Steve Hodges was kind enough to look at the X-rays and give a second opinion. He confirmed he was backed up. Now we are starting on my 6 year old daughter who is also a bedwetter. We know now not to just wait it out!\*update We are now into this about two weeks. We've had 2 or 3 wet nights and the rest have been dry. We are thrilled with this progress! My son, who as you can imagine was not keen on the thought of daily enemas, now reminds us it's time! So grateful to have found Dr. Hodges and the MOP protocol!

We are following MOP+ on the DIY plan, and this book is an excellent collection of all the pertinent information to give us confidence going forward. Whether you need research references, practical how-to instructions, reassurance from other parents and children, or tips on going beyond the basics, it's all there. The book is very easy to read (I read it in one night) and I really appreciate having all the details in one place to refer back to as needed; even if a lot of the information can be found on the website, I don't want to spend hours searching through old posts and wondering if I've found the most up to date advice. The tone is friendly, at times humorous, making this serious and perhaps uncomfortable topic very approachable. Real families' experiences are sprinkled throughout, letting you feel like you already have friends alongside you on this journey. Note - My review will show as "unverified" because I purchased this book from the author's website (since the

electronic version was only available there).

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