



*Excel™*

By Anzacare



#4600



WIRED ENURESIS  
TREATMENT ALARM  
WITH MOISTURE  
DETECTOR

MADE IN  
NEW ZEALAND



## ENGLISH(US)

### Please Read This Information and Keep for Further Use!

DRI Excel<sup>®</sup> is suitable for children over the age of five(5) years. Most children stop bed-wetting by five(5) years. Beyond this age, help to become dry may be needed. Occasionally a medical disorder may be present, but mostly it is due to an involuntary failure of learning; the child is not to blame. Successful treatment with DRI Excel<sup>®</sup> takes from a few weeks to a few months. Persistence is the key to success. If a relapse occurs, another short course will usually succeed—*Always Encourage*.

DRI Excel<sup>®</sup> is not a toy to be played with. When not in use, it should be unplugged and put away to prevent premature battery wear and possible interference.

DRI Excel<sup>®</sup> has two parts, the alarm unit(box) and the moisture detector. The alarm goes on the shoulder and the detector plugs into the alarm with the sensor part of the detector inside the underwear to react to moisture/urine and trigger the alarm.

## STAGES OF TREATMENT

1. The DRI Excel<sup>®</sup> teaches the child to wake up as urination begins.
2. The child becomes more sensitive to the sensations of the bladder filling up, and more often wakes up just before or just after urination starts.
3. The child wakes up to the need to urinate but with no urine having been passed.
4. The child progresses to the more mature pattern of being able to sleep through the night, and mostly does not have to get up to urinate during the night. For an even more detailed explanation and research see [www.dri-sleeper.com](http://www.dri-sleeper.com).

**Operating tip:** When the detector is plugged into the alarm unit(box) it switches the DRI Excel<sup>®</sup> on and ready to react to moisture. When the detector is unplugged this switches the DRI Excel<sup>®</sup> off. During the day be certain the detector is **unplugged**, because when plugged in, it is using battery power (although it is a very small amount).

## USING DRI SLEEPER<sup>®</sup>

1. To attach the alarm unit(box) to the pyjamas: sew, or safety pin the Velcro<sup>®</sup> onto the shoulder and place the DRI Excel<sup>®</sup> alarm unit(box) on the Velcro<sup>®</sup> patch. It is best if the socket for the plug on the alarm unit(box) faces upwards. The wire from the alarm unit(box) which connects it to the detector, goes inside the pyjamas and down to the underwear.

**Procedure Tip:** A few children may unplug the detector during the night. It may be helpful to run the wire from the plug down the back of the alarm unit(box) between the two pieces of the Velcro<sup>®</sup> which will help hold it in place. Running the wire from the detector up through a top button hole on the pyjamas and then fastening the button may also be useful. Another simple solution is to put a rubber

band tightly around the alarm unit(box) with the wire under the rubber band.

2. The detector is put inside a panty liner/mini pad, which is then stuck inside the crotch of underpants.

**Procedure Note:** The detector is sensitive to moisture and may even trigger if held by the fingers. This is normal.

3. Make a small cut into the absorbing layers of the panty liner/mini pad, insert the point of the scissors and make a tunnel to place the detector inside. To help keep the detector inside the panty liner/mini pad, put tape over the cut.

**Procedure Tip:** You may find that it is possible to cut a panty liner/mini pad in half (crossways) and insert the detector. Using this method, less urine would be needed to trigger the alarm. If you do not wish to use a panty liner/mini pad, the detector can be placed between two pairs of underwear, or a pocket of material can be sewn into the crotch of the underwear and the detector inserted in the pocket. The pocket must fit the detector tightly to hold it in place.

4. Practice this routine before bed: Attach the DRI Excel<sup>®</sup> alarm unit(box) to the shoulder, plug the detector in and trigger it by placing the detector into a container of warm water(this simulates urine), unplug and pretend to go to the bathroom, return, re-attach DRI Excel<sup>®</sup> and practice again five(5) additional times.

5. When the alarm sounds, the child wakes, unplugs the alarm, and goes to the bathroom.

**Procedure Tip:** In the early stages of treatment a very heavy sleeper may not wake. This does not mean that the DRI Excel<sup>®</sup> will not be successful. In time, the child will "tune in." Until then, you may need to wake the child, but have the child unplug the alarm and go to the bathroom. Be certain the child is completely awake and remembers the next day; waking, hearing the alarm, unplugging it and going to the bathroom. You can also refer to the frequently asked questions(FAQ) page on our website [www.dri-sleeper.com](http://www.dri-sleeper.com) for an even more detailed approach to extreme heavy sleeping.

6. **Always** wash the detector well with soap(preferably liquid soap) after each night, rinse thoroughly with water and dry on a tissue. If the soap is not properly washed off, it may cause the detector to trigger prematurely. To sterilize, the detector can be rinsed with alcohol. It is strongly recommended to have a spare detector and have it ready for use in second pair of underpants with panty liner/mini pad.

7. **Keep using DRI Excel<sup>®</sup> every night** until there have been no wet beds for 14 nights.

8. **Testing:** Every night before use, test the detector with alarm. Plug the detector into the alarm unit(box). There are pairs of black bars on the sensor part of the detector. These are the moisture/urine detecting bars. With a container of warm water (this simulates urine) slowly insert the sensor part of the detector starting with just one pair of bars and note how many of the pairs of





black detecting bars need to be inserted before triggering the alarm. If more than 6 pairs of bars are needed to trigger the alarm, it is time to replace the detector.

## FAULT FINDING

It is unusual for the alarm unit(box) to become defective. Any failure to trigger the alarm is usually due to normal wear of the detector. Just as an earphone on a personal radio may need replacing, the detector also needs replacing from time to time.

1. Detector does not trigger alarm: Clean the detector with liquid soap or alcohol. If this does not fix the problem replace the detector.
2. Rusty batteries: This is not caused by faulty batteries or the batteries running down, it is only caused by water/urine having leaked into in alarm unit(box) ie: accidentally laundering). It is likely to have damaged the electronic circuitry and the alarm unit(box) may need to be replaced. This is not covered under any type of warranty.
3. Gradual lowering of sound: Normally the batteries will last many months and only gradually lose power and volume. To replace the batteries, open the alarm unit(box) by placing a coin in the slot at the side of the alarm unit(box) and twist open. Note: Zinc Air batteries are not suitable—see the inside of the alarm for a list of suitable replacement batteries.
4. Sudden lowering of volume (i.e., alarm still functions but the volume is low): This may be due to interference with the piezo(buzzer) by the user and is not a manufacturing defect and therefore is not covered by any warranty.

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