



# **The M.O.P. Book: A Guide to the Only Proven Way to STOP Bedwetting and Accidents**

*Steve Hodges M.D., Suzanne Schlosberg*

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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. — named for Dr. Sean O’Regan, a pioneer in bedwetting research — 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.”

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