

Engelska/English

Night-time visits to the toilet?

Facts about NOCTURIA - waking up at night to go to the toilet



Facts about nocturia

- What is nocturia?
- Causes of nocturia
- Helpful advice and precautions
- Diagnosis

What is nocturia?

Nocturia (night-time urination) is a condition in which the sufferer wakes up one or more times at night to go to the toilet. It is a common problem that affects men and women of all ages and which often becomes worse with age. Nocturia can be a major cause for concern and it can lead to problems sleeping, along with reduced quality of life and worsened health, especially for people of working age. This information folder discusses the causes, diagnosis and treatment of nocturia.


Causes of nocturia

There are many different causes for nocturia, and in order to provide the right treatment, it is important to identify the underlying conditions in the individual patient. Abnormally high fluid intake, especially in the evening, can result in urinary urges at night. Prostate conditions and over-active bladder (bladder urges) can also result in night-time toilet visits, though nocturia can also be a partial symptom of many other conditions, such as diabetes, heart and kidney complaints, neurological conditions, mental illness and sleep apnoea (involuntary cessation of breathing when sleeping). Some drugs can also cause nocturia. The most common causes of night-time urinary urges are abnormal urine production during the night, insufficient bladder capacity or a combination of both of these.¹ The total volume of urine produced per day does not change significantly over the year. Distribution throughout the day does change however, from being twice the volume during the day when young, to a more evenly-spread production throughout the day with increasing age. This can lead to a night-time over-production of urine, referred to as nocturnal polyuria.

¹ Weiss JP et al. J Urol 2011; 186:1358-1363

Investigating nocturia

Insufficient sleep due to nocturia



- Night-time over-production of urine
- High fluid intake
- Sleep apnoea
- Diabetes
- Neurological illness
- Mental illness
- Heart problems
- Over-active bladder
- Kidney disease
- Prostate conditions
- Medical treatment

There are two simple questions that may be helpful in an investigation:

- Do you need to go to the toilet more than eight times in a day?
- When you go to the toilet at night, are the volumes only small?

If you answer **no** to the above questions, the cause might be that more urine is being produced at night than the bladder can hold. One sign of this is the bladder feeling full when it has been emptied. In this case we talk about nocturnal over-production of urine, referred to as nocturnal polyuria.

Helpful advice and precautions

Below is some important advice and some precautions that can be taken to reduce the number of times you need to empty your bladder during the night.

- **Think about your fluid intake, especially in the evening.**
- **Are there any other reasons for your disturbed sleep, such as stress or worry?**
- **Avoid smoking and watching TV in connection with night-time toilet visits.**
- **Wind down before going to bed.**
- **Empty your bladder just before going to bed.**
- **Exercise during the day can help with sleep problems.**
- **If you have constipation, do something about it.**

If you still experience problems despite these precautions, you can go to your doctor for help. An important tool that can help in assessing the underlying causes of nocturia is a micturition list (a fluids journal) in which you record your fluid intake and urine production over two days.

Diagnosis

A micturition list makes it easy to determine whether there is night-time over-production of urine. Record in the micturition list details of time and volume for each fluid consumption and bladder-emptying over two days. Use the red fields for recording the urine volumes during the day, and the grey fields for recording the night-time urine volumes. The night-time section should also include the first bladder-emptying of the day, as that urine was produced during the night. Next add up all the volumes in the red (Daytime) and pale grey (Night-time) fields. Then divide the night-time volumes by the total for all urine produced during the day and night. If the total for the night-time urine production is greater than 1/3 (33%) of the total 24-hour urine production, then that means there is night-time over-production, referred to as nocturnal polyuria.

Day		Night		Example - fill in your own micturition list on the opposite page
Time	Volume (dl)	Time	Volume (dl)	
9.30	2.5	2.30	3.0	→
13.00	1.5	6.60	4.0	
19.30	3.0			
22.30	2.5			
Total	9.5	Total	7.0	

→ 9.5 + 7.0 = 16.5

Total night-time urine production

7.0

=

0.42

Night-time proportion of total urine production

Total urine production

16.5

If the cause of the nocturia is night-time over-production of urine, referred to as nocturnal polyuria, then medicinal treatment can be considered. The treatment reduces the number of times the bladder has to be emptied at night and also extends the first important period of sleep during the night.

Read more about nocturia at

www.nattkissare.se

Ferring Läkemedel AB
Box 4041 - 203 11 MALMÖ
Tel. +46 (0)40 691 69 00 - www.ferring.se