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NOCTURIA

Definition:

“Any waking at night to void, most often considered clinically significant if a patient voids two or more times nightly.”

Causes:

- Increasing age, approximately 50% of people over the age of 50 experience Nocturia.
- Pregnancy (typically resolves by 3 months postpartum).
- Excessive fluid intake throughout the day and or consuming large amount of fluid right before bed.
- Consuming diuretics prior to bedtime (such as caffeine, alcohol, or even certain medications)
- Urinary tract infection, if sudden onset.
- Preexisting medication conditions including: obesity, uncontrolled blood pressure, lower extremity swelling, uncontrolled diabetes, restless leg syndrome, obstructive sleep apnea, benign prostatic hyperplasia, over active bladder, small bladder capacity, or congestive heart failure.

Management:

- Treatment of underlying disease (may require further evaluation with your healthcare provider).
- Limit fluid intake prior to bed.
- Avoid intake of evening diuretics (such as caffeine and alcohol).
 - o *Please talk with your healthcare provider prior to change how you take your any medication.
- Reduce lower extremity swelling
 - o Utilizing compression stockings or elevated legs throughout the day (above heart).
- Double voiding prior to bed: sit on the toilet and lean forward, wait approximately 20-30 seconds to attempt to urinate again.
- Utilize good sleep hygiene habits such as: sleeping in a quiet room with low lighting, avoid daytime naps, and avoid all electronic prior to bed.
- Completing Kegel Exercises: 3 times per day, will take 4-6 weeks to see improvements.

Please be encouraged if symptoms are not controlled with the above recommendations there are medication options that maybe appropriate for you. Please speak with your healthcare provider regarding other treatment options for nocturia.

Please do not hesitate to contact our office with questions or concerns.

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