**Nocturia**

**NOCTURIA?**

If you wake up more than twice during the night to go to the bathroom, you may have nocturia. Nocturia affects both men and women.

**Facts about nocturia:**

It’s important to remember that nocturia is a sign of something going on in our bodies. It is not a disease in and of itself.

**ABOUT**

1 in 3 adults over the age of 30 experience nocturia.

The rate of people affected increases with age.

**Common causes of nocturia:**

- **Polyuria** – making too much urine in 24 hrs
- **Nocturnal Polyuria** – making too much urine at night
- **Bladder Storage** – bladder having problems storing and releasing urine
- **Mixed Nocturia** – more than one of these problems happening at the same time

**Treatment & Management**

Here are some common ways to treat and manage nocturia:

- **Lifestyle Changes**
- **Reviewing current medications and supplements that can help nocturia symptoms**
- **Diagnosis of any untreated diseases that may be causing nocturia**

**Things that can impact nocturia:**

- Underlying health conditions like sleep and bladder disorders
- High blood pressure
- Drinking too much before bed
- Timing of medications

For more information about Nocturia, visit the Urology Care Foundation’s website:

UrologyHealth.org

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