



what is **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.

Things that can impact nocturia:

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

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

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

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