



Nocturia (Waking up to urinate):

Definition: Waking up more than once to urinate

Etiology:

1. Bladder Problem
2. Pathology of the Heart, Liver, or Kidneys
3. Sleep Disorders
4. Diabetes
5. Polypharmacy

Lifestyle Modifications:

1. Void twice prior to bed time
2. Eat your evening meal as early as possible, low sugar if possible
3. Elevate Legs 1 hour prior to bed
4. Avoid caffeine or alcohol in the evening
5. Diet and Exercise

Medications:

1. Anticholinergics

2. Beta agonists

3. ADH