

Bladder and Bowel Service

Nocturnal Polyuria

Some people who have to get out of bed to pass water (urine) during the night have **nocturnal polyuria**. Nocturnal polyuria means that you pass too much urine at night, compared to the daytime.

Nocturnal polyuria is commoner in older people and there are a number of causes.

Some causes are simple

- Doing most of your drinking in the evenings. This means any fluid from water to beer!
- Eating a lot of water containing foods in the evening. These foods include salads, vegetables and fruit but also rice and pasta.

Other causes are a little more complicated

- If your ankles are swollen in the evening, they will often be slim by the morning. In this case the water in your ankles is brought back into the body and changed into the urine you produce at night. Occasionally swollen ankles may mean that your heart is not working as efficiently as it could.
- If you sit a lot then you can get fluid lying in the legs, which is similar to swollen ankles.
- Snoring can be a symptom of sleep apnoea, a condition where the throat is temporarily blocked in sleep. This can cause nocturnal polyuria because it leads to the heart releasing a substance that causes urine to be produced.
- There are other rare causes.

What can you do about it?

- Look at the way you eat and drink and spread it out evenly throughout the day. Have drier foods in the evening.
- If you have swollen ankles go and see your doctor and show her/him this sheet.
- Exercise regularly. Walking is good, but if you have heart problems go to your doctor first.
- If you are overweight you are more likely to snore, so lose weight.
- If you snore and feel exhausted in the day, you might have sleep apnoea, so see your doctor.

Other things that can be done

- If you have swollen ankles then:
 - Putting your feet up after lunch and when you watch television often helps. **But** your feet need to be as high as your heart. That means lying on a bed or sofa.
 - Wearing elastic stockings can help.
 - Your doctor may prescribe a tablet, Frusemide (40mg), at teatime (4.00pm to 6.00pm) to make you pass extra urine in the evening.

We wish to acknowledge that this leaflet is replicated from North Bristol NHS Trust, Southmead Hospital