

What is Nocturia?

- Nocturia is defined as *the need to wake and pass urine more than once at night.*
- 1 in 2 adults over 50 are affected by Nocturia.
- **Primary causes:**
 - Behavioral patterns like excessive fluid at bedtime.
 - Diuretic medications
 - Caffeine
 - Alcohol
 - Overactive bladder treatment
 - Diminished bladder capacity
- **If you are waking up more than once at night:**
 - Do your pelvic floor exercises as directed.
 - Do not drink fluids within 2 to 3 hours of bedtime.
 - Eliminate bladder irritants before bedtime.
 - Execute 911 with urge event.

Empowering Women. Restoring Hope.