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## Living with Nocturia

The underlined terms are listed in the glossary.

Nocturia is a major problem for many adults. It is defined as waking up one or more times per night to urinate. It can last for a long time and there is no simple cure. Different people cope differently with their symptoms and the possible side effects of treatment. The impact of nocturia on your life should not be underestimated.

Quality of life involves both physical and psychological health. It is important not only to feel healthy but also to feel free of the psychological pressure of living with nocturia.

There are many ways to keep the symptoms under control. They should not stop you from being happy in your relationships and participating in the social, cultural, and economic life of your community. Read about changes in your habits which may improve your nocturia in the section Lifestyle advice for nocturia.

Nocturia can have a negative effect on your personal relationships. It can be difficult to feel attractive and confident when you do not always feel in control of your body. Do not be embarrassed to seek help if your symptoms bother you: consult your family doctor, general practitioner, or a urologist.



### Useful link

Read more about continence products, such as different types of pads, at the Continence Product Advisor website:  
<http://www.continenceproductadvisor.org/>

## Some questions to ask your doctor

Although EAU Patient Information is relevant to most people with nocturia, you may have questions which are specific to your individual situation. Your doctor is the person to answer these questions. It can be

helpful to prepare a list of questions before you go and see your doctor. Examples of questions you may want to ask are:

- Why have I developed this problem?
- What will happen in the next months and years if I choose not to have any treatment?
- What will happen in the next months and years if I do choose to have treatment?
- Which treatment option do you recommend for me?
- What can I expect from that treatment?
- What are the possible side effects or risks of this treatment?
- How long do I need to be treated for?

#### **This information was updated in January 2014.**

This leaflet is part of EAU Patient Information on Nocturia. It contains general information about nocturia. If you have any specific questions about your individual medical situation you should consult your doctor or other professional healthcare provider.

This information was produced by the European Association of Urology (EAU). The content of this leaflet is in line with the EAU Guidelines.

You can find this and other information on urological diseases at our website: <http://patients.uroweb.org>

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