

# Nocturia



**ALCHEMY**  
IN MOTION

## What is it?

Nocturia = urinating overnight where your bladder wakes you up from sleep to urinate

## What is normal?

- Younger people: 0-1
- Pregnant women: 0-2
- Older people: 1-2

## Physiotherapy Assessment

Our pelvic health physiotherapist have extra training in determining the cause of nocturia.

- We start with a detailed history and other related factors
- We can use bladder charts, ultrasound and specific screening questionnaires to gain a clearer diagnosis / cause of symptoms

## Causes

there are many causes of nocturia including:

- You produce too much urine overnight
- You produce too much urine all the time
- Your bladder can't hold a normal volume of urine
- Your bladder doesn't empty well
- Your sleep is interrupted by something else e.g. child, pet etc and you habitually get up to wee

## Physiotherapy Treatment

- Multidisciplinary approach between physio, GP and other specialists and allied health professionals opens up holistic and varied medical and non-medical treatment options specific to your requirements
- We work with you to retrain:
  - Bladder sensation & control
  - Pelvic Floor muscle function
  - Altering lifestyle factors such as fluid intake, bladder habits, exercise and rest

References: See website

## Who to see



Zoe Mills



Ocean Kabikwa



Alice Mackenzie