

Nocturnal Polyurea (‘I need to urinate too much at night’)



Nocturnal Polyurea (NP)

NP is when somebody passes a normal amount of urine during the day, with larger volumes being passed at night. More urine is produced during sleep than would normally be expected, which is more than the bladder is able to hold. This results in getting up more than once in the night to pass urine, or in wetting of the bed (also known as nocturnal enuresis) during sleep.

There are a number of possible reasons why you might need to get up more than once during the night:

Possible reasons:

- Poor sleep
- Prostate / bladder issues
- Producing too much urine at night (nocturnal polyurea)
- A combination of these

What causes nocturnal polyurea?

NP is when somebody passes a normal amount of urine during the day, with larger volumes being passed at night. More urine is produced during sleep than would normally be expected, which is more than the bladder is able to hold. This results in getting up more than once in the night to pass urine, or in wetting of the bed (also known as nocturnal enuresis) during sleep.

Potential causes may include:

- Your body is not producing enough ADH
- Drinking too much in the evening or eating food with a high-water content
- Excretion of excess water from the body. Some people develop swelling or puffiness in their feet or ankles as the day progresses. On lying down, the excess water which causes the swelling then passes back into the bloodstream and is converted into urine by the kidneys, causing you to wake during the night with a full bladder.

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How is Nocturnal Polyurea treated?

The first step is that NP is identified. Any recommended treatment will be based on the underlying reason for the increased urine production at night, so varies from person to person.

What can I do to help myself?

It is important that you don't suffer in silence, and speak to your doctor or nurse. They will begin by asking questions about your diet and fluid intake, and check for any ankle swelling.

You can also :

- Check your eating and drinking patterns in the evening to see if these need adjusting. You could consider reducing evening fluid intake (though avoid becoming dehydrated).
- Try eating most water-based foods, such as tomatoes, cucumbers, melons, jellies etc, during the daytime rather than in the evening.
- Try to incorporate some leg elevation rest time during the day to help your body eliminate excess water.
- Consider trying to increase exercise such as walking, as this will help with excess fluid going back into the circulatory system

What else might help with nocturnal polyurea?

- Consider completing a bladder diary over three days and nights. Bladder & Bowel UK have one you can download. This will help you doctor or nurse to assess your symptoms and to direct correct treatment.
- Ask your doctor to assess if you can be prescribed a diuretic (water tablet). This treatment works to help your body produce more urine during the day, rather than at night. If you are already prescribed these, speak to your doctor about taking it in the afternoon rather than other times. Diuretics are used with caution in older people, because it may precipitate water retention which can put strain upon the heart.
- If you have any questions or concerns, always speak to a healthcare professional.

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Further information

Find more information about adult bladder and bowel health in our information library at www.bbuk.org.uk.

You can also contact the Bladder & Bowel UK confidential helpline.

For further advice on bladder and bowel problems speak to your GP or other healthcare professional.
