

Simple Nocturia Strategies

Nocturia is waking up at night to go to the toilet.

HELPFUL TIPS

- Cut back your drinks for three hours before going to bed
- Avoid drinks with caffeine and alcohol
- Keep the bowels regular. Try the “Morning Bowel Routine” (see info sheet)
- Be active – this promotes good sleep and helps prevent swelling in the ankles
- Elevate your legs in the afternoon to help reduce swelling. Consider wearing compression stockings; if needed they can be fitted by a podiatrist.
- Discuss medications with your therapist.
- Encourage a good night’s sleep. Go to bed at the same time each night, remove clocks from the bedroom, try meditation (see Sleep Hygiene info sheet)
- Empty your bladder just before going to bed
- Use the bladder training tips to get better bladder control at night. Being able to hold more urine in your bladder means you will wake up less times.

Do not fall on the way to the toilet at night

The best option is to use a commode or urinal at the bedside.

If walking to the bathroom:

- Have good lighting. Use a bedside lamp or “night-lights”
- Have your glasses at the bedside
- Remove floor mats or furniture that you could trip on and fall
- Pets could get under your feet causing a fall
- Use your frame or walking stick as you would during the day
- Always wear a pad to stop leakage onto the floor
- Wear well-fitting slippers or shoes
- Sit on the toilet to pass the urine

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