



WHAT IS NOCTURIA?

Nocturia is when a person has to wake up at night to pass urine. If this happens more than twice a night, it can be a problem.

Nocturia is common in older people. It can cause problems in day-to-day life. It can upset your sleep and put you at risk of falls, if you get up in the dark to pass urine. Also, when you have to wake up, you may not be able to get back to sleep and then you might not function as well through the day. You may sleep in the day and then not be able to sleep well at night. Changes like this to your sleep patterns may even make the problem worse: you may be more aware of your filling bladder and so feel like you need to pass urine more often.

Having to wake up once or more each night to pass urine increases as you age. It has been found that one in two women, and two out of three men, aged 50 to 59 years have a problem with Nocturia. It is even more common as you get older—seven out of ten women, and nine out of ten men, over the age of 80 years have Nocturia.

WHAT ARE THE COMMON CAUSES OF NOCTURIA?

- common heart and kidney problems;
- swollen ankles;
- taking fluid tablets in the night-time;
- drinking large amounts of fluids, alcohol and caffeine drinks (tea, coffee and cola) before going to bed at night;
- poorly controlled diabetes (Type 1 or Type 2);
- Diabetes Insipidus (a rare hormone problem that causes severe thirst and urine loss);
- changes in position (going from upright in the day to lying flat at night means more blood can flow over the kidneys, so more night-time urine is made);
- upset or over-sensitive bladder (such as a bladder infection);
- overactive bladder (such as after a stroke);
- pregnancy;

什么是夜尿？

夜尿是指一个人需要在夜间起床排尿。如果每晚排尿两次以上就可能有问题。

夜尿常见于老年人，会扰乱日常生活。它会扰乱你的睡眠，如果在黑夜中起床排尿，还会令你面临跌倒的风险。此外，当你因尿急醒来，就可能无法再入睡，因而导致白天精神欠佳。你可能会在日间睡觉，然后夜间无法睡好。睡眠状况的这种变化甚至可能令问题更严重：你对充盈的膀胱可能更敏感，因此经常觉得要去排尿。

随着年龄增大，你每晚必须起床一次或多次去排尿的情况也会增加。已经发现在年龄介于50岁至59岁之间的人中，二分之一的女性及三分之二男性有夜尿问题。随着年龄增大，问题甚至会更加普遍—80岁以上的人中，十分之七的女性及十分之九的男性有夜尿问题。

夜尿的常见起因是什么？

- 常见的心脏及肾脏疾病；
- 踝部水肿；
- 晚上服利尿药；
- 夜晚睡觉之前饮大量液体、含酒精及咖啡因的饮料（茶、咖啡及可乐）；
- 糖尿病（1型或2型）控制不良；
- 尿崩症（一种引起严重口渴和大量排尿的罕见的激素失调）；
- 姿势改变（从日间直立变为夜间平躺意味着更多血液流过肾脏，因此在夜间产生较多尿液）；
- 膀胱受扰或过度敏感（如膀胱感染）；
- 膀胱过度活跃（如中风之后）；
- 怀孕；





- broken sleep, such as going to the toilet just because you are awake; and/or
- constipation or an enlarged prostate can press on the bladder neck and not let the bladder empty right out. This can cause urine to dribble or overflow.

Note: Some people think if they cut down how much water they drink through the day they may cut down on night-time problems. This is not right. Not having enough to drink can cause lack of fluids and constipation. It can also make the urine more concentrated. This can upset the bladder and make you need to go to the toilet more often. Not drinking enough water can also shrink the bladder muscle so the bladder does not hold as much urine, which can make the need to pass urine through the night even worse.

HOW DO YOU KNOW IF YOU HAVE NOCTURIA?

You should talk to your doctor if you think you have Nocturia. It may not be a simple health problem.

To find out more about your Nocturia, your doctor may ask you about:

- your past health;
- bladder problems;
- the drugs you take (such as, what time you take your fluid tablets); and
- broken sleep.

- 睡眠中断，例如，反正已经醒了，所以起来去厕所；及/或
- 便秘或增大的前列腺压迫膀胱颈，令膀胱无法全部排空。这会令尿液滴出或溢出。

注意：有些人以为如果白天少喝水，夜间就会少排尿，这是不对的。饮水不足会引起体液缺乏及便秘，还会令尿液更浓。这会扰乱膀胱，令你需要更频繁地去厕所。饮水不足还会令膀胱肌肉萎缩，因此膀胱能储存的尿量减少，令夜间排尿的需要变得更严重。

你如何知道自己是否有夜尿问题？

如果你觉得自己有夜尿问题就应该告知医生。这或许不是一般的健康问题。

为了深入了解你的夜尿问题，医生可能会问你关于：

- 过去的健康状况；
- 有无排尿问题；
- 服用的药物（例如，何时服利尿药）；以及
- 是否有睡眠中断。





YOUR DOCTOR MIGHT ALSO:

- check if you have any of the causes of Nocturia, such as those noted above;
- test your urine for a bladder infection;
- ask you to keep a chart to check:
 1. what, when and how much you drink;
 2. when and how much urine you pass;
 3. when you go to bed and get up; and
 4. arrange for tests such as bladder, kidneys, urine, and blood tests.

HOW CAN NOCTURIA BE TREATED?

It is important that any causes of Nocturia get treated or that you are referred to the right specialist.

Some suggested treatments could be:

- cutting back on how much caffeine and alcohol you drink, mainly before going to bed at night;
- checking the times you take fluid tablets;
- wearing support stockings for swollen ankles;
- resting with your legs up, in the afternoon, for a few hours;
- lighting your path to the toilet (such as a night light); and/or
- placing a commode or bright coloured bucket for use at the bedside.

Your doctor may also refer you to a specialist who will discuss other treatments with you. These may be drugs that treat the Nocturia or treat the cause of the problem.

Some of the health professionals you may be referred to can include a continence physiotherapist, continence nurse advisor, urologist or renal physician.

你的医生可能还会：

- 检查你是否有任何夜尿原因，如以上提及的那些；
- 验尿确定是否有膀胱感染；
- 要求你记录图表，检查：
 1. 你喝什么，何时喝及喝多少；
 2. 你何时排尿及排尿量；
 3. 你何时睡觉及起床；以及
 4. 安排进行膀胱、肾脏、尿液、及验血等各种检查。

如何治疗夜尿？

治疗引起夜尿的各种原因非常重要，必要时要看适当的专科医生。

一些建议的治疗包括：

- 少喝咖啡和酒，主要是夜晚睡觉之前；
- 检查服利尿药的时间和次数；
- 踝部水肿需要穿弹力长袜；
- 下午休息时抬高双腿，保持数小时；
- 照亮去厕所的通道（如夜间照明灯）；及/或
- 在床边放一个坐便桶或颜色鲜明的便桶。

你的医生也可能将你转介给专科医生，由他/她向你介绍其它治疗方法。这些方法可能是用药物治疗夜尿或者治疗病因。

给你转介的专业医护人员可能包括排便理疗师、排便科护士、泌尿科医生或肾脏科医生。





SEEK HELP

Qualified nurses are available if you call the National Continence Helpline on 1800 33 00 66* (Monday to Friday, between 8.00am to 8.00pm Australian Eastern Standard Time) for free:

- Information;
- Advice; and
- Leaflets.

If you have difficulty speaking or understanding English you can access the Helpline through the free Telephone Interpreter Service on 13 14 50. The phone will be answered in English, so please name the language you speak and wait on the phone. You will be connected to an interpreter who speaks your language. Tell the interpreter you wish to call the National Continence Helpline on 1800 33 00 66. Wait on the phone to be connected and the interpreter will assist you to speak with a continence nurse advisor. All calls are confidential.

Visit bladderbowel.gov.au or continence.org.au/other-languages

* Calls from mobile telephones are charged at applicable rates.

寻求帮助

如果你致电国家排便节制热线，有资质的护士会接听你的电话1800 33 00 66*（周一至周五，澳大利亚东部标准时间8:00am—8:00pm）。

- 信息；
- 建议；及
- 资料册。

如果你在讲英语或者理解上有困难，你可以通过拨打13 14 50获取免费电话传译服务以接通国家排便节制热线。电话会用英语接通，因此请说明你要讲的语言并且不要挂机。你会被连接到一个讲你母语的传译员。告知传译员你想要致电国家排便节制热线，电话是1800 33 00 66。待电话接通后传译员会帮助你与排便节制护理顾问对话，所有的来电均保密。

请登陆：bladderbowel.gov.au或者continence.org.au/other-languages

* 用手机打出会收取相应费用。

