



NOCTURIA—GOING TO THE TOILET AT NIGHT

NOCTURIA—AADIDA MUSQUSHA HABEENKII

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;

WAA MAXAY NOCTURIA?

Nocturia waa marka qofka uu u tooso inuu habeenkii kaadsho. Haddii tani dhacdo wax ka badan laba jeer habeenkii, waxay noqon kartaa dhib.

Nocturia waxay caam ku tahay dadka waaweyn. Waxay sababi kartaa dhibaatooyin nolol maalmoodkooda. Waxay dhibi kartaa hurdadaada waxayna khatar kuu gelin kartaa dhicitaano, haddii soo kacdo iyadoo muqdi ah si aad u kaadido. Sidoo kale, markaad toosaysid, waxaa laga yaabaa inaad awoodin inaad hurdada ku noqon karin ka dibna waxaa laga yaabaa in aadan u shaqeynin isla si maalintii. Waxaa laga yaabaa inaad seexato maalintii ka dibna aadan awoodin inaad si fiican u seexato habeenkii. Isbedeladan oo kale ah ee qaabka hurdadaada waxaa xitaa laga yaabaa inay hurdadaada sii xumeeyaan. Waxaa laga yaabaa inaad aad uga warqabtid buuxinta kaadiheystaada saadaraadeedna aad dareento inaad doonto inaad marmar badan doonto inaad kaadido.

Toosida hal mar ama wax ka badan habeen kasta si aad u kaadiso way kordheysaa markaad sii weynaataba. Waxaa la ogaaday in labadii dumar ahba hal iyo saddexdii ninba laba, da'doodu tahay 50 ilaa 59 sanno ay dhib ku qabaan Nocturia. Xitaa waa wax caam ku ah isla markaad sii weynaataba – tobankii dumar ahba toddoba, iyo tobankii ninba sagaal, ka weyn da'da ah 80 sanno waxay leeyihiin Nocturia.

WAA MAXAY SABABAHA CAAMKA AH EE NOCTURIA?

- dhibaatooyinka caamka ah ee kelyaha iyo wadnaha;
- canqowyada oo barara;
- qaadashada kiniiniga dareeraha wakhtiga habeenkii;
- cabida cabitaan fara badan, aalkool iyo cabitaanka kafeynka (shaaha, kofeega iyo koolaha) ka hor intaadan sariirta aadin habeenkii;
- sonkorta sida xun loo kontoroolay (Nooca 1 ama Nooca 2);
- Insipidus ka sonkorta (dhibka hormoonka dhifka ah ee sababa haraadka darran iyo kaadi la'aanta);
- bedelaada booska (adoo ka tegaya taagnaanta maalintii oo jiifsanaya habeenkii micnaheedu waxaa weeye dhiig badan ayaa maraya kelyaha, saa daraadeed kaadi badan ayaa habeenkii la sameeyaa);
- kaadiheysta xasaasiyada saa'iidka leh (sida infekshinka kaadiheysta);
- kaadiheysta firfircoonida saa'iidka ah (sida stroke ka dib);
- uurka;





NOCTURIA—GOING TO THE TOILET AT NIGHT

NOCTURIA—AADIDA MUSQUSHA HABEENKII

- 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.

- hurdo googo’an, sida musqul gelida inaad soo jeedo awgeed; iyo/ama
- caloosha oo ku fadhida ama prostate balaartay ayaa caddaadin kara qoorta kaadiheysta oo aan u ogolaaneynin kaadiheystu inay si toos ah isu faaruqiso. Tani waxay sababi kartaa kaadidu inay dhibic dhibicdo ama si xooggan u socoto.

Ogow: Qaarkii waxay u maleynayaan haddii ay yareeyaan inta biyo ah ee ay cabaan maalintii inay jari karaan dhibaatooyinka habeenkii. Tani sax ma aha. Adoon cabitaan kugu filan cabin ayaa sababi karta dareere la’aan iyo caloosha oo ku fadhiisata. Waxay sidoo kale ka dhigi kartaa kaadida mid aad u xoog badan. Tani waxay waxyeeli kartaa kaadiheysta oo ay ka dhigeysu inaad u baahato musqusha tegideeda marmar badan. Cabitaan la’aanta biyo kugu filan waxay sidoo kale isu soo ururin kartaa muruqyada kaadiheysta saadaraadeed kaadiheystu si ayan u heyn kaadi badan, oo keenta baahida ah inaad u kaadido habeenkii xitaa si daran.

SIDEE BAAD KU OGAANEYSAA INAAD QABTO NOCTURIA?

Waa inaad la hadashaa dhakhtarkaaga haddii aad u maleynayo inaad qabto Nocturia. Waxaa laga yaabaa inaysan ahayn dhibaato sahlan oo caafimaad.

Si aad u ogaatid intaa wax ka sii badan oo ku saabsan Nocturia, waxaa laga yaabaa inuu dhakhtarkaagu ku weydiiyo wax ku saabsan:

- caafimaadkaagii hore;
- dhibaatooyinka kaadiheysta;
- daawooyinka aad qaadato (sida, wakhtigaad qaadato kiniiniga dareerahaaga), iyo
- Hurdo googo’an.





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.

DAKHTARKAAGA WAXAA SIDOO KALE LAGA YAABAA INUU:

- jeegareeyo haddii aad qabto wax ka mid ah waxyaalaha sababa Nocturia, sida kuwaas kor lagu soo sheegay;
- baaris ku same kaadidaada inuu jiro infekshinka kaadiheysta;
- ku weydiyo inaad sameyso shaxda jeegareynta:
 1. waxaad cabtay, wakhtigaad cabtay iyo intaad ka cabto;
 2. goorma iyo inta kaadi ah ee aad kaadido;
 3. goortaad sariirta aado iyo wakhtigaad soo kacdo; iyo
 4. kuu sameeyo baaritaano sida baaritaanada kaadiheysta, kelyaha, kaadida iyo dhiiga.

SIDEE BAA LOO DAAWEYN KARAA NOCTURIA?

Waa muhiim in wax kasta oo sababa Nocturia la daaweeyo ama in lagu guddiyo dhakhtarka takhasuska saxda ah leh.

Qaar ka mid ah daaweynta lagu talinayo waxay noqon karaan:

- jarida inta kafeyn ah iyo aalkolo ee aad cabto, badanaa intaadan sariirta aadin habeenkii;
- jeegareynta wakhtiyadaad qaadato kiniiniga dareeraha;
- u xirashada iskaalsaha dhaadheer si ay u taageeraan canqowyada bararsan;
- adoo nasanaya iyadoo luqahaagu kor u qaadan yihiin, galabtii, saacado yar;
- ku shidida iftiinka qubeyska musqusha (sida nalka habeenkii); iyo/ama
- Saarida commode ama baaldiga midabada dhalaalaya leh si loogu isticmaalo sariirta dhinaceeda.

Dhakhtarkaaga waxaa sidoo kale laga yaabaa inuu kuu guddiyo dhakhtarka takhasuska leh oo kaala hadli doona daaweynaha kale. Tan waxaa laga yaabaa inay noqoto daawooyin daaweeya Nocturia ama daaweeya waxa sababa dhibka.

Qaar ka mid ah aqoonyahanada caafimaadka ee laga yaabo in lagu guddiyo waxaa ka mid noqon kara fiisateribi yaqaanka ceshadka kaadida, kalkaalisada latalinta kaadi ceshadka, dhakhtarka kaadimareenka ama dhakhtarka kelyaha.





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.

RAADI CAAWIMO

Waxaa la helli karaa kalkaaliso caafimaad oo aqoon leh haddii aad wacdo Khadka caawimada Celinta Saxarada Qaranka tel: 1800 33 00 66* (Isniinta ilaa Jimcaha, inta u dhexaysa 8.00 subaxii ilaa 8.00 fiidkii Waqtiga Bariga Australia) lacag la'aan.

- Macluumaad;
- Talo; iyo
- Xaashiyaha.

Haddii aad dhibaato ku qabto ku hadalka afka Ingiriiska ama fahamka waxaad raadsan kartaa Khadka Caawimada ee Adeega Afcelinta Telefoonka oo ah 13 14 50. Telefoonka waxaa lagaga jawaabi doonaa Ingiriis, sidaas darteed magacaw afka aad ku hadasho kuna sug telefoonka. Waxaa lagugu xiri doona mutarjum ku hadla afkaaga. U sheeg mutarjumka inaad doonayso inaad Khadka Caawimada Celinta Saxarada Qaranka oo ah 1800 33 00 66. Ku sug telefoonka in lagugu xiri waxaana ku caawimi doona mutarjum si aad ula hadasho Lataliyaha Kalkaalisada caafimaadka. Dhamaan wicidu waa qarsoodi.

Booqo websaytka bladderbowel.gov.au ama continence.org.au/other-languages

* Telefoonada laga soo diro telefoonka waxaa la iska qaada qiima aad sarreeya.