

# NOCTURIA PATIENT QUESTIONNAIRE

## INTERPRETATION GUIDANCE

### MEDICATION

The onset of nocturia may be caused by medications inducing diuresis or disturbed sleep. Check if the apparition of symptoms follows the introduction of new medication. Also consider compatibility of any current medications if introducing antidiuretic therapy.

### QUESTIONS

If the patient responds positively to a question, please consider the respective potential causes including sleep, renal, cardiovascular, neurological, urological & endocrine issues.

**1** Do you have problems sleeping apart from needing to get up to urinate?

**2** Do you find lying in bed uncomfortable?

**3** Do you suffer from anxiety or worry excessively?

**4** Have you been told that you gasp or stop breathing at night?

**5** Do you wake up without feeling refreshed?

**6** Do you fall asleep in the day?

**7** Do you have ankle swelling?

**8** Do you get short of breath when walking?

**9** Do you get light-headed when you stand up?

**10** Do you have any problems controlling your legs?

**11** Do your movements feel slow?

**12** Have you had a tremor in your hands?

**13** Do you get a sudden need to rush to urinate during the night?

**14** Do you get a burning feeling as you pass urine?

**15** Does your bladder become painful even when it contains just a small amount of urine?

**16** Have you felt very thirsty?

**17** If applicable: Have you noticed changes in your periods?

**Sleep disorder**

**Renal**

**Cardiovascular**

**Cardiovascular**

**Neurological**

**Cardiovascular**

**Neurological**

**Urological**

**Endocrine**

# PLANET diagram

**PLANET:** PLanning Appropriate Nocturia Evaluation and Treatment

