Table 4

Treatment for nocturia depending on the cause[7]

Cause	Lifestyle intervention	Medication
Lower urinary tract	Bladder training Pelvic floor exercises Evening exercise	Treatment for bladder outlet obstruction/ overactive bladder Desmopressin*
Renal	Restrict salt/protein/ calories	Desmopressin*
Hormonal	Sleep hygiene Limit fluid intake Bladder training Pelvic floor exercises	Hormone replacement therapy Desmopressin*
Sleep disturbance	Sleep hygiene Weight loss Physical activity	Sleep aids Desmopressin*
Cardiovascular	Physical activity Weight loss Salt restriction Postural drainage Compression stockings	Antihypertensives Timed diuretic Desmopressin*
Dietary intake	Limit fluid intake Restrict salt/protein/ calories	Change drinking habit Dietary changes Desmopressin*
Pharmacological		Change timing of medication Change type of medication

* Desmopressin should not be used in patients with heart failure, psychogenic polydipsia, a creatinine clearance < 50 ml/min, known hyponatraemia or SIADH