

# Nocturia Treatment Tips

## Preparing For Your Doctor's Visit

If you find yourself getting up to urinate two, three or more times a night, you're not alone. More than 40 million Americans are just like you, living with a real medical condition called Nocturia. Even though it occurs more frequently with age, it's not just a part of getting older, and it can be treated. The first step is to talk with your doctor about your symptoms to help identify the best path forward. This guide is designed to help you prepare for that conversation so you can make the most of your visit.

- 1) Over the course of a week, complete the Nocturia Symptom Tracker available free at [NAFC.org/nocturia](http://NAFC.org/nocturia). It's an easy, effective way to help your doctor know the extent of your condition.
- 2) Be prepared to answer the following questions that your doctor is likely to ask (and write your answers here to make sure you don't forget any details):

How many times do you typically get up at night to use the bathroom?

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How often does this occur each week?

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Do you feel groggy during the day?

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Do you feel less productive during the day?

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What/how much do you eat/drink prior to bedtime?

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Do you experience swollen ankles?

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Do you take any medications?

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What are they and when do you take them?

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How do your awakenings affect your partner?

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How do you feel your nocturia impacts your quality of life?

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- 3) If you have additional questions, write them down here and take them with you so you don't forget to ask:

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