

Nocturia/passing urine frequently at night

Many men have multiple voiding issues including a slow flow, frequent desire to void associated with urgency and the feeling of incomplete emptying. Nocturia, or passing urine frequently at night, is a very common symptom that is often thought to be related to the prostate or obstruction from the prostate and in fact this is often the case. Waking up frequently at night however can often also be associated with other conditions including sleep apnoea. Voiding at night can also be related to the volume of fluid intake, especially in the late afternoon or evening.

If nocturia is thought to be associated with a blockage from the prostate, treatment for the obstruction should result in a decrease in the frequency of urine passed at night. In the absence of other voiding issues, more investigation and discussion will usually be required to determine a cause for nocturia.