

Desmopressin Treatment for Nocturnal Polyuria: Our Experience

Introduction and Objective: From May 2009 to August 2011 we have evaluated 104 patients with nocturia (during the night patients had to get up two or more times for micturition). Fifty-four patients we have treated with desmopressin (Minirin tablets dosage 0.2 mg in the evening before sleep), were included in cohort.

Materials and Methods: Using inclusion criteria after two and nine months, patients filled a 48 hours inquiry "micturition diary" and got laboratory results. We evaluated influence of desmopressin for nocturia and nocturnal diuresis, influence on the first period of sleep, and quality of life, as well as adverse effects of the drug.

Results: In the study 46 male and 8 female patients with median age 68 (48-84) were included. Before treatment, number of nocturnal micturition (ANV) was 3.53, index of nocturnal polyuria (NPI) 45%, quality of life (QI) on scale 1-5 was 2.2, the first period of sleep (FS) was 107 minutes.

Conclusions: Desmopressin had significant decrease in number of night micturition, improving the first period of sleep, decreasing nocturnal diuresis and improving quality of life.