Outcomes of Drinking Habit Modification in Reducing Urinary Frequency and Nocturia for Patients with or without Anti-cholinergic Agent

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INTRODUCTION:

- Inappropriate drinking habit $\rightarrow$ Urinary frequency & Nocturia
- **Drinking habit modification** (i.e. Timed drinking, avoid drinking 2hrs before sleeping)
- Poor compliance? Why?
- **Drinking habit modification** $\leftrightarrow$ +/- Anti-cholinergic agents

METHODOLOGY:

- Jun-Nov 2016, patients with urinary symptoms were recruited
- **Drinking habit modification**: primary behavioral therapy
- Voiding frequency, Voided volume and Patient satisfaction rate (retrospectively reviewed)
## RESULTS:

- 23 patients
- Mean age: 56.2

### Outcomes of Drinking Habit Modification on Patients with or without Anti-cholinergic Agents

<table>
<thead>
<tr>
<th></th>
<th>Mean Day-time Frequency</th>
<th>Mean Night-time Frequency</th>
<th>Mean Voiding Interval (hour)</th>
<th>Mean Voided Volume (ml)</th>
<th>Patient’s Satisfaction</th>
</tr>
</thead>
<tbody>
<tr>
<td>Solely Drinking habit Modification</td>
<td>7.6 to 6.4 (15.8%)</td>
<td>3 to 1.4 (53.3%)</td>
<td>2.2 to 3 (36.4%)</td>
<td>154 to 344 (123.4%)</td>
<td>28.9%</td>
</tr>
<tr>
<td>Drug Combined Therapy</td>
<td>10.2 to 8.8 (13.7%)</td>
<td>1.8 to 1 (44.4%)</td>
<td>1.6 to 2.3 (43.8%)</td>
<td>134 to 250 (86.6%)</td>
<td>24%</td>
</tr>
</tbody>
</table>
CONCLUSION:

- Similar outcomes for Drinking habit modification and Drug combined therapy.
- Except the voided volume and patient’s satisfactory rate were significantly better in solely drinking habit modification group.
- Potential side-effects of anticholinergic agents, i.e. reducing effectiveness of bladder emptying, dry mouth and constipation.
- Simply introduce Drinking habit modification can achieve symptom-control purpose without inducing potential risks.