



北區醫院  
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# *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 ➡ Urinary frequency & Nocturia
- Drinking habit modification (i.e. Timed drinking, avoid drinking 2hrs before sleeping)
- Poor compliance? Why?
- Drinking habit modification ↔ +/- Anti-cholinergic agents

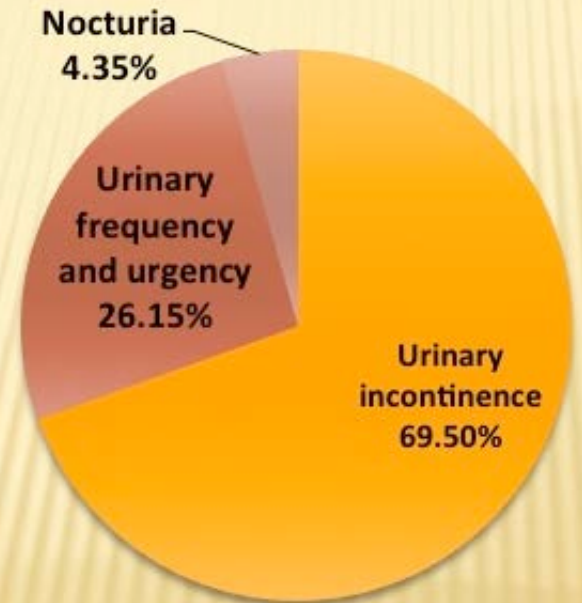
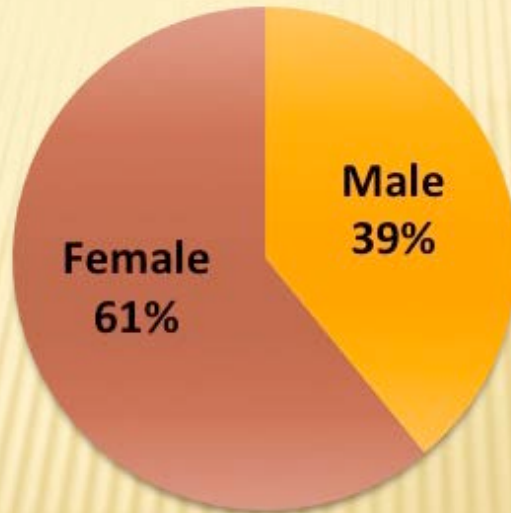
# METHODOLOGY :

- 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**

	Mean Day-time Frequency	Mean Night-time Frequency	Mean Voiding Interval (hour)	Mean Voided Volume (ml)	Patient's Satisfaction
Solely Drinking habit Modification	7.6 to 6.4 ↓(15.8%)	3 to 1.4 ↓(53.3%)	2.2 to 3 ↑(36.4%)	154 to 344 ↑(123.4%)	28.9%
Drug Combined Therapy	10.2 to 8.8 ↓(13.7%)	1.8 to 1 ↓(44.4%)	1.6 to 2.3 ↑(43.8%)	134 to 250 ↑(86.6%)	24%

## 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.

Thank  
You