FDA approves first treatment for frequent urination at night due to overproduction of urine

On March 3, the FDA approved the first medication to help reduce the number of times a night someone wakes up to urinate. Desmopressin acetate (Noctiva) nasal spray is for adults who wake up at least twice a night to urinate due to nocturnal polyuria, or the overproduction of urine during the night. It is taken once daily, about 30 minutes before going to sleep. This medication is not approved for all causes of nocturnal polyuria, so symptoms should be discussed with a healthcare provider to be determined if it is an appropriate choice of therapy. This medication has a black boxed warning of causing low sodium levels in the blood and has a Medication Guide. Because of this, desmopressin should not be used for patients with symptomatic CHF or uncontrolled hypertension. It is also not recommended for pregnant women with nocturia. Two 12-week, randomized, placebo-controlled trials with over 1,000 patients aged 50 years and older with nocturia due to nocturnal polyuria showed a small decrease in the average number of night-time urinations with desmopressin acetate compared to placebo. Patients taking desmopressin acetate were also more likely to reduce their number of night-time urinations by half and had more nights of ≤1 night-time urinations. Common side effects from clinical trials included nasal discomfort, cold symptoms, nasal congestion, sneezing, high or increased blood pressure, back pain, nose bleeds, bronchitis, and dizziness.

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