TANGO NOCTURIA SCREEN

Age: Gender:	Affix Patient Label
Number of times wake up at night to urinate?	

Place a	n 'X' beside each statement to indicate whether or not it is true for you.	True	False
CARDIO / METABOLIC	My ankles, feet or legs swell during the day.		
	I take fluid tablets (e.g. Lasix).		
	I have kidney disease.		
	I take tablets to control my blood pressure.		
	I often get dizzy when standing up.		
	I have high blood sugar OR diabetes.		
	My blood sugar levels are difficult to keep stable.		
SLEEP	I have 5 hours or less sleep per night.		
	I would describe my sleep quality as bad.		
	It takes me longer than 30 minutes to fall asleep at night.		
	I have difficulty staying asleep at night because of my bladder.		
	I often experience pain at night.		
	I have been told I snore loudly OR stop breathing at night.		
URINARY TRACT	I need to get up to pass urine within 3 hours of going to sleep.		
	I experience a sudden urge to urinate on most days.		
	I have a bladder urgency accident once a week or more.		
	I often need to strain or push to start urinating.		
	I have an enlarged prostate gland. (MALES ONLY)		
WELLBEING	In general, I would say that my health is <i>not good</i> .		
	I have trouble staying awake while driving, eating or during social activities.		
	I have had a fall in the last 3 months.		
	I don't look forward to things with as much enjoyment as I used to.		