

The effect of oral desmopressin in patients with nocturia due to benign prostatic hyperplasia

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Nocturia is common among patients with benign prostatic hyperplasia (BPH). It may be treated with various medicines, but in some patients, nocturia remains. In this study we assessed the short term effects of oral desmopressin in patients with nocturia due to BPH. This is an experimental study which is performed among 56 men with BPH and nocturia. Patients received desmopressin tablets (0.2mg) during an eight week period and after one week washout period the effective drug dose continued for an eight week. Clinical responses in patients were evaluated after 10 weeks. All patients improved with this treatment. Nocturia episodes decreased from a mean of 5 ± 0.95 episodes/night before treatment to 1.35 ± 0.68 episodes/night after treatment ($P<0.0001$). Side effects did not occur in the treatment period. Oral desmopressin tablets were an effective and well tolerated treatment for nocturia due to BPH.

Biography

Alireza Ghorbanibirgani has completed his MSc at the age of 25 years from Shaheed Beheshti medical University. He is a lecturer in Gachsaran Islamic Azad University in Iran. He has published more than 15 papers in some journals.