

DTB CME/CPD Answers



Drug and Therapeutics Bulletin

Desmopressin for nocturia in adults

Question 1

Nocturia may be caused by production of an abnormally large amount of urine at night (nocturnal polyuria). In older people, which one of the following is suggested as the minimum proportion of daily urine output, produced between 11pm and 7am, required for a definition of nocturnal polyuria?

- a. 17%
- b. 24%
- c. 34%
- d. 47%
- e. 54%

Answer: c. A suggested definition of nocturnal polyuria in older people is an output above 33% of the daily total.

Question 3

In a clinical trial on the use of a sublingual formulation of desmopressin (50µg or 75µg) in men with two or more night-time voids, what was the approximate difference in time to first void over placebo?

- a. 20 minutes
- b. 40 minutes
- c. 60 minutes
- d. 80 minutes
- e. 120 minutes

Answer: b. Desmopressin increased the time to first void by 112-116 minutes (vs. 73 minutes with placebo).

Question 2

In a clinical trial on the use of a sublingual formulation of desmopressin 25µg in women with two or more night-time voids, what was the difference in the mean number of night-time voids between desmopressin and placebo during treatment?

- a. 0.2
- b. 1.2
- c. 1.8
- d. 2.5
- e. 3.2

Answer: a. The reduction in mean number of night-time voids (baseline mean 2.8 voids) during treatment was 1.46 with desmopressin 25µg compared with 1.24 with placebo (treatment difference of 0.22; $p < 0.028$).

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Question 4

Hyponatraemia is a recognised adverse effect associated with desmopressin. The summary of product characteristics (SPC) recommends that serum sodium concentration should be measured in people taking desmopressin for nocturnal polyuria. For patients aged over 64 years, which one of the following is in line with the SPC standard recommendation for monitoring serum sodium concentration?

- a. Every week for the first month
- b. Every week for the first 3 months
- c. At 1 week and at 1 month
- d. At 1 week and at 3 months
- e. At 1 month and at 6 months

Answer: c. The SPC recommends measuring serum sodium concentration in patients aged 65 years or over before starting therapy and again in the first 4-8 days and at 1 month.

Question 5

Which one of the following was the most common adverse effect reported with desmopressin in clinical trials?

- a. Hyponatraemia
- b. Headache
- c. Dizziness
- d. Nausea
- e. Dry mouth

Answer: e. The most commonly reported adverse effects in clinical trials were dry mouth (in 13%), headache (3%), hyponatraemia (3%) and dizziness (2%).