

Patient information

Water Deprivation Test

Diabetes and Endocrinology Speciality

Why do I need this test?

This test is performed when a condition called Diabetes Insipidus is suspected. Diabetes Insipidus is a condition characterised by increased passing of pale watery urine, thirst, dehydration, tiredness etc. The problem can be either at the brain or at the level of kidneys and this test helps to identify the site of the problem too.

Are there any risks or side effects?

There is a risk that you may drop your blood pressure and have signs of dehydration; however you will be under close supervision.

Are there any alternatives available?

Yes, Hypertonic saline infusion test. An informed decision regarding the choice of the test will be taken by your endocrine doctor at the time of booking the test.

What will happen if I decide not to have this investigation?

You need to discuss the implications of not having the test with your doctor in the endocrine clinic

Before the test

- We would advise not to restrict fluids until the test begins, No need for overnight fluid restriction or fasting.
- Do not stop taking any medications particularly steroids or thyroxine or any other hormones.
- Ensure to have a light breakfast on the day of the test.
- Please avoid tobacco/alcohol for 24 hrs before the test and caffeine on the day of test.

What happens during the test?

- On the day of your test a nurse will check your details and explain the test to you. You will be on the ward anytime up to eight hours.
- A nurse will put a small tube (cannula) into your vein, blood samples will be taken from this. This means you will not have to have lots of needles.
- Your weight will be recorded and your urine volume will be measured and recorded at the beginning of the test and hourly thereafter.
- Urine and a blood sample will be taken at the outset and further samples will be taken for the next eight hours.
- The test will be terminated before eight hours if the weight drops by certain degree or the blood and urine tests suggests diabetes insipidus in which case we have to proceed to the next stage to confirm the site of the problem.
- In the second stage of the test you will be given an injection of Desmopressin (synthetic form of pituitary hormone called vasopressin).
- After this stage you can go home and can eat and drink freely, however massive amount of fluid intake should be avoided until the test is actually finished at 20:30.
- You will be instructed to collect urine for both volume and osmolality hourly until 20:30 and named and timed sample bottles will be given to you to take home with.
- You should drop off all the samples (four bottles of each) next day to PIU.
- PIU staff will record the urine volume and complete the chart and send the urine samples to lab and that's when the test is completed.

What will happen after the test?

- Once you have completed the test, the results will be reviewed by endocrine doctors and they will contact you directly if necessary.
- Further investigation and management will be discussed in the endocrine clinic.

Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

Further Information

If you have any query or do need to speak to doctors please contact on call endocrine doctor via hospital switch board:

Tel: 0151 706 2000

Text phone number: 18001 0151 706 2000

If you have any worries or questions about the test or the date is inconvenient please contact the Medical Day Case Unit

Medical Day Case Unit

Telephone number: 0151 706 2396

Text phone number: 18001 0151 706 2396

Opening Hours:

07:30 – 20:00 Monday to Thursday

07:30 – 16:00 Friday

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All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

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