

Water Deprivation Test

Your doctor has recommended that you have a Water Deprivation Test.

The aim of this leaflet is to provide you with information about the test so that you can understand why it is being done and what you need to do to perform the test correctly.

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St Helens and Knowsley
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Na żądanie ta ulotka może zostać
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Why do I need to have this test?

The aim of this test is to find the cause of polyuria (high urine output). The pituitary gland in the brain produces a hormone called anti-diuretic hormone (ADH) when we are dehydrated. ADH causes the kidneys to keep water in the blood, which makes us produce concentrated urine in small volumes. If the pituitary gland is not producing enough ADH, or if the kidney is not responding to it, urine output will remain high even when you are dehydrated.

Should I fast or stop any medication prior to the test?

You may have a light breakfast before coming for the test. You should not take water tablets (diuretics) or desmopressin for 24 hours before the test. You may take all of your other medications, unless your Endocrinologist has told you otherwise.

You must not smoke or drink any caffeinated or alcohol for **24 hours before or during the test**. You can drink other fluids as you want to up until the start of the test.

What does the test involve?

You will be admitted to Ward 3C at Whiston Hospital for this test. Please bring all of your medication with you. The test will start at approximately 9.00 am. A cannula (a small tube for taking blood) will be inserted into a vein and a blood sample will be taken. You will then be asked to empty your bladder before a nurse weighs you.

From 9:00am until 5.00pm you will not be allowed to eat or drink anything. You will be monitored very closely and will have a blood test and your weight measured every 2 hours. Any urine you produce must be measured by one of the nursing team.

The test may stopped before 5.00pm if your weight falls by more than 5%, or if it is indicated by your blood tests.

When the test is stopped, an injection of DDAVP (a hormone medication to help balance the amount of water and salt in your body) will be given into your muscle (in the upper arm or thigh). You will then be able to drink — your nurse will make sure you do not drink too much fluid. Your cannula can be removed.

The next day at approximately 06:00am, another blood sample will be taken and you can go home.

How will I find out the results?

Your Endocrinologist will write to your GP with the results of the test. A copy of this letter will usually be sent to you also.

What if I need advice?

We have a secure confidential answer machine available and email service for patients requiring advice from the Endocrinology Specialist Nurse.

The Endocrinology Specialist Nurse may be unavailable at times, so please leave a short message including:

- your full name
- hospital number or date of birth
- contact number

They will contact you as soon as possible, though please be aware this may be the next working day.

If your enquiry is a medical emergency, please contact your own GP, NHS 111, dial 999 or attend your local Accident and Emergency Department.

Further information?

You can contact the Endocrinology Specialist Nurse with any questions you may have.

If your enquiry is for the Endocrinology Medical Team, please contact their secretaries through the hospital switchboard 01744 266 33.

Endocrinology Specialist Nurse

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