

## 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 understand why it is being done and what to expect.



**Mersey and West Lancashire  
Teaching Hospitals**  
NHS Trust

# Water Deprivation Test

If you need this leaflet in a different language or accessible format please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید، لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formacie, proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil, vă rog să discutați cu un membru al personalului să se ocupe de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

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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 at around 7.00am. You should not take water tablets (diuretics), SGLT2 inhibitors, or Desmopressin for 24 hours before the test.

You may take all other medications, unless your Endocrinologist has told you otherwise.

You must not smoke, or drink any caffeine or alcohol, for **24 hours before or during the test**. You can drink other fluids as normal until the start of the test.

## What does the test involve?

You will be admitted for an overnight stay on 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 eat and 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.

You will have a further blood test at 6.00am the following morning. You do not need to wait for the results before going 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.

## Further information

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

**Endocrinology Specialist Nurse**

**Tel: 07881 928197**