

Water Deprivation Test

An information guide



Water Deprivation Test

Your doctor has recommended that you have a water deprivation test.

What is a water deprivation test?

This test is to find out if you are producing enough of a hormone called antidiuretic hormone (ADH), which is secreted by the pituitary gland and controls the way the kidneys concentrate your urine.

Diabetes insipidus is a rare condition caused by either deficiency of ADH or the kidney's inability to respond to this hormone.

Preparation for the test

- If you are taking medications such as DDAVP (desmopressin acetate) including Desmotabs, Desmomelt, Desmospray and Octim, or if you are taking diuretics such as Furosemide, Bendroflumethiazide, etc, it is important that these are discontinued the evening before your test
- If you are taking hydrocortisone, thyroxine, HRT or oestrogen medication you can continue taking them as normal up to 1 hour before the test. Discuss the intake of other medication with your endocrinology team
- Please bring all of your medication with you
- You may have a light breakfast before 06:30 and normal amounts of fluid until 08:00 on the morning of the test but NO tea, coffee, alcohol or tobacco for 24 hours before this test. The test begins at 08:00 and a urine sample is required at this time. Once the test starts you are not allowed any food or drink, until the nurse conducting the test tells you otherwise
- Smoking is not allowed during the test as this will affect the results
- You will be allowed to drive after the test
- You should expect to feel hungry and thirsty during this test.

How long does the test last?

This does vary. Most tests are complete after 12 hours and you can usually eat and drink in the last few hours but some may be concluded earlier than this.

How is this test carried out?

The test will be performed by a trained nurse with specialist knowledge of the procedure. The test will take place on one of the programmed investigation units (PIU's) or wards within the trust.

On admission a cannula will be inserted into a vein, for easy access in obtaining blood specimens.

Each hour you will be weighed and you will be asked to empty your bladder. This urine is carefully measured and a sample sent for analysis. Blood samples are taken for analysis at the start of the test and at specific intervals thereafter.

Mid-morning a decision will be made whether it is necessary to continue with the test. If the test continues, by mid-afternoon the results will be analysed again to see if it is necessary to give an injection of the antidiuretic hormone. This is usually necessary and will be given at around 4pm after which time you will be able to eat and drink. The collection of urine and blood will continue for a further 3 hours.

Are there any risks with this test?

There is a risk of dehydration so nursing staff will monitor you throughout the test and liaise with medical staff as required.

Caution

It is important that after receiving the injection you do not drink too much that evening and night. The injection causes concentration of the urine in most cases and if you drink excessively and you have concentrated urine, you may develop an imbalance in the salts in your blood that may lead to you feeling disorientated and ill.

How do I find out about the results of the test?

The results of this test will be discussed with you in the clinic at your next appointment. If your results show that you require treatment with antidiuretic hormone you will receive a call within a few days about starting the treatment.

If you have any further questions, please do not hesitate to contact your endocrinology doctor or nurse.

Contact Information

Normal working hours (Monday to Friday): the endocrine team (all telephone numbers are direct to consultant's secretaries). At other times (5pm to 9pm) or in case of emergency or urgent advice being required, you should contact your own GP or go to your local Accident and Emergency department.

Fairfield General Hospital

Dr S Rowles, Dr H Smithhurst, Dr L Pichaipillai and Dr S Kouta

Telephone: 0161 778 2676

Department Fax Number: 0161 778 3917

The Royal Oldham Hospital

Dr TK Jagadhish

Telephone: 0161 627 8778

Dr BM Mishra and Dr A Shiraz

Telephone: 0161 778 5431

Department Fax Number: 0161 627 8175

Rochdale Infirmary

Dr PK Prakash

Telephone: 01706 517 032

Department Fax Number: 01706 517 869

North Manchester General Hospital

Professor C Dang, Dr I Malik and Dr S Farook

Telephone: 0161 720 2086

Dr R Khurana, Dr H Chandrasekara and Dr V Arul Devah

Telephone: 0161 604 5349

Department Fax Number: 0161 720 2029

Endocrine Specialist Nurse:

Cristina Edward – 0161 918 4069

Karen Hallett - 0161 627 8388

Patient self-help group and further information:

The Pituitary Foundation

86, Colston Street

Bristol

BS1 5BB

Information and support

Helpline;

0845 450 0375

(Mon-Fri 08.00-16.00)

www.pituitary.org.uk

If English is not your first language and you need help, please contact the Interpretation and Translation Service

Jeśli angielski nie jest twoim pierwszym językiem i potrzebujesz pomocy, skontaktuj się z działem tłumaczeń ustnych i pisemnych

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Dacă engleza nu este prima ta limbă și ai nevoie de ajutor, te rugăm să contactezi Serviciul de interpretare și traducere

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For advice on stopping smoking contact the Specialist Stop Smoking Service on 01706 517 522

For general enquiries please contact the Patient Advice and Liaison Service (PALS) on 0161 604 5897


For enquiries regarding clinic appointments, clinical care and treatment please contact 0161 624 0420 and the Switchboard Operator will put you through to the correct department / service

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