

ENDOCRINE TESTING UNIT

Patient Information Sheet – Water Deprivation Test

Your doctor has referred you to the Endocrine Testing Unit (ETU) for a Water Deprivation Test.

What is a water deprivation test?

This test is to establish if your body is producing enough anti-diuretic hormone (ADH) from a small gland in the brain called the pituitary gland and how your kidneys respond to this hormone.

The concentration of urine produced by your kidneys is dependent on ADH passing into your bloodstream from the pituitary gland to the kidneys and regulating the amount of water lost in urine or reabsorbed. If the pituitary gland is not producing enough ADH or if the kidneys lose their sensitivity to the hormone, you can lose excess water in your urine. This means you need to pass very dilute urine more often. This can result in thirst and increased fluid intake.

How do I prepare for this test?

You need to allow a whole day, from 8am until 5.30pm for this test.

- Do NOT drink alcohol and avoid tea, coffee, cola and energy drinks and smoking for 24 hours before the test. These can all interfere with the test results.
- You do NOT need to fast before the test. You may drink normally and have a light breakfast on the morning of the test, unless otherwise advised.
- If you are taking a tablet or spray of a medication called desmopressin, DO NOT take this medication for 24 hours before this test.

What will happen during the test?

The test will usually commence around 8.00am and may take up to 8 or 9 hours.

You will be able to watch television, videos or DVDs throughout the test. You may bring reading material, ipad or music to listen to if you wish.

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When you arrive at the ETU the endocrine registrar will discuss the test and have you sign a consent form. You will be required to lie down on a bed for the duration of the test. The ETU nurse will weigh you then insert a cannula into a vein in your arm to enable blood samples to be collected throughout the day. Every hour you will be asked to pass a urine sample in a pan or bottle at the bedside and you will be weighed. Samples of your blood and urine will be sent to the pathology lab for testing. You will NOT be allowed to eat or drink anything throughout the test, even if you feel thirsty, as fluid intake will make it difficult to interpret the results and may prolong the test. The duration of the test will be dependent on the laboratory results which will be received every hour. Depending on the results you may also be required to have an injection of ADH to test how your kidneys respond. During this time you will be able to eat and drink moderately.

Once the test is completed the cannula will be removed and you may go home.

Are there any side effects or complications from a water deprivation test?

There are usually no side effects from this test except perhaps a small bruise where the cannula was inserted. You may feel thirsty throughout the test. The nurse and doctor will monitor your weight, blood and urine results carefully to ensure that you do not become unwell.

What happens after the test?

The results of the test will be available in a couple of days. Your Endocrinologist will contact you regarding the results and any changes to your treatment.

What if I have any questions?

You will have the opportunity to ask questions of the doctor prior to the test. If you would like to change any arrangements please contact the ETU Nurse Unit Manager on phone 92958231.