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We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact:
MES, The York Hospital, Wigginton Road, York, YO31 8HE, telephone 01904 721062 or email MESpatientenquiries@york.nhs.uk.

Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services. PALS can be contacted on 01904 726262, or email pals@york.nhs.uk. An answer phone is available out of hours.

Providing care together in York,
Scarborough, Bridlington, Malton,
Selby and Easingwold communities



York Teaching Hospital
NHS Foundation Trust

Please telephone or email if you require this information in a different language or format

如果你要求本資訊以不同的語言或版式提供，請致電或發電郵

Jeżeli niniejsze informacje potrzebne są w innym języku lub formacie, należy zadzwonić lub wysłać wiadomość e-mail

Bu bilgileri değişik bir lisanda ya da formatta istiyorsanız lütfen telefon ediniz ya da e-posta gönderiniz



01904 725566

email: access@york.nhs.uk



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Water Deprivation Test

Information for patients,
relatives and carers

① For more information contact:
Medical Elective Services (MES)

The York Hospital
Wigginton Road, York, YO31 8HE
Telephone: 01904 721062
MESpatientenquiries@york.nhs.uk

Caring with pride

Information about the test

Your doctor has referred you to the Medical Elective Services (MES) for a Water Deprivation Test. This is used to aid in the diagnosis of diabetes Insipidus and other medical conditions.

We ask that you DO NOT use any products which contain tobacco or alcohol for 24 hours prior to your test. We also ask that you stop taking any medications that affect your urine, such as Dexamethasone. If you have any questions regarding which medications to stop please contact MES.

On arrival to MES you will be weighed and a cannula will be inserted into a vein in your arm.

The test takes 12 hours. You may have a light breakfast before 8:00am. You may not eat anything further until the test is completed. You may, however, drink water after you have received your Desmopressin at 4:30pm.

During the test we will take blood samples and weigh you again at various times. You will also be asked to pass urine at regular intervals throughout the day. Depending on these results you may be injected with Desmopressin which is an antidiuretic hormone.

Side effects to the Desmopressin are rare. However, if you feel unwell at any point please inform a member of staff.

Once the test is complete you will be offered something to eat and drink. Your cannula will then be removed and you will be discharged home.

Your consultant will discuss the results of the test with you at a later date.

Teaching, training & research

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

Feedback

You may receive a Friends and Family card following your treatment. This is to enable us to collect feedback on your experience with us. All feedback is anonymous and lets us constantly review our service to ensure we are maintaining a high standard. We do appreciate you taking the time to complete this for us.