

# Water Deprivation Test

Information for patients, relatives and carers

① For more information, please contact:

Medical Elective Services (MES)

The York Hospital, Wigginton Road, York, YO31 8HE

Telephone: 01904 721062

MESpatientenquiries@york.nhs.uk

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## 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 and 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.

## **Tell us what you think of this leaflet**

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](mailto: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](mailto:pals@york.nhs.uk). An answer phone is available out of hours.

## Leaflets in alternative languages or formats

Please telephone or email if you require this information in a different language or format, for example Braille, large print or audio.

如果你要求本資 不同的 或 式提供 , 電或發電

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

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