

Water Deprivation Test

Ordered by: _____

Date of test: _____

Time: _____

Why is this test being done?

This test is being done to see if your child has diabetes insipidus.

How is the test done?

We put a small needle with tubing (an IV) into a vein in the back of your child's hand or inside part of the arm. We can draw fluids out or put fluids in through this IV without having to keep poking your child.

A small amount of blood is drawn from the IV for the baseline lab test. This tells us what your child's normal blood chemistry is. We will monitor your child's heart rate, blood pressure, weight and urine output every hour. Depending on your child's bodily responses, at some point during the test, more blood may be drawn from the IV and/or we may give your child a medicine called DDAVP.

How long is the test?

Plan to spend the entire day at Children's.

How do I prepare my child for the test?

- Your child does not need to fast for this test, but must eat breakfast before 8 a.m. the day of the test.
- Your child must not have anything to eat or drink after 8 a.m.
- Bring books to read, or toys or games for your child to play with. It will be a long day. We have a TV and VCR, so feel free to bring a video for your child to watch.

Where do I go for the test?

Enter Children's at any Whale entrance and check-in at the 6th floor registration desk in the Whale zone. These tests are done in the Endocrinology unit. Ask the greeter at the front desk to direct you to the unit.

Who do I call with questions or to reschedule or cancel the test?

Please call the Endocrine nurses at (206) 987-1529 if you have questions about the test or about these instructions. If you need to cancel or reschedule the test, please call the Scheduling Center at (206) 987-2640, option 1.

TO LEARN MORE

- Endocrinology (206) 987-2640
- Your Child's Health-Care Provider

Children's will make this information available in alternate formats upon request. Please call the Family Resource Center at (206) 987-2201.

This handout has been reviewed by clinical staff at Children's Hospital. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's health-care provider.