

**Department of Diabetes and Endocrinology
Clinical Investigation Unit, Jack Pryor Ward
Level 3 East
Norfolk and Norwich University NHS Trust
Colney Lane, Norwich, Norfolk, NR4 7UY**

Direct Dial: 01603 286360

Water Deprivation Test

Your doctor has referred you to have a water deprivation test, which is performed over a period of a day (from 08.00-19.30 hours). This is to establish whether or not you are producing enough of a pituitary hormone called anti-diuretic hormone and whether your kidneys are responding to the hormone.

You will need to attend the **Clinical Investigation Unit at 08.00 hours** which is on the **Jack Pryor Ward, as above.**

Urine and blood samples will be taken at periodic intervals throughout the day for analysis. If during this time the test gives a normal result you will be allowed to have a drink and go home, but please allow the whole day in case you have to stay.

If the test has not proved normal by 16.30 hours, you will be given an injection of anti-diuretic hormone. You will then be allowed to drink but you will be required to remain in the unit for further urine and blood samples to be taken. **The test should then end at 19.30 hours.**

You **may have an early breakfast** and you **may drink on the morning** of the test.

You will not be allowed to drink from the time you arrive in the Unit; you will be allowed dry food only at lunchtime. Chewing gum and sweets are not allowed.

To allow the test to run smoothly, please **avoid tobacco, alcohol and caffeine (tea, coffee, cola and energy drinks such as Red Bull) for 24 hours prior to the test, as these can all influence anti-diuretic hormone. Other fluids are allowed.**

You should plan to stay at the hospital until 19.30, although as mentioned you may be able to go home earlier.

You may wish to bring a book or magazine to read or your own music to listen to with ear plus/headphones.

You may bring someone to stay with you during the test but there is not enough space for more than one person. Children are discouraged, as this can be disruptive to other patients. However, if this poses a particular problem for you, please discuss this with the Senior Nurse in the Unit.

You should be able to undertake normal activities after the test is finished and it should not interfere with your ability to drive home.

If you have any problems or queries about the test, please contact us on 01603 286360 (direct line). The office is open between 08:30 and 16:30 weekdays. There is also an answerphone so please leave a message, we aim to get back to everyone within 48 hours.

We aim to provide the best care for every patient. So, we would like your feedback on the quality of the care you have received from the Hospital. Please visit:

<http://ratenhs.uk/IQu9vx> Or use QR:

