

Before Your Water Deprivation Test

How to prepare and what to expect

This handout is for patients at University of Washington Medical Center (UWMC). It explains how to prepare for a water deprivation test.

What is a water deprivation test?

A *water deprivation test* assesses how your body responds when fluids are withheld. When you do not drink enough water, it should cause an increase in your body's *antidiuretic hormone* (ADH). This hormone causes your body to produce small amounts of concentrated urine.

AT UWMC, these tests are usually done on Monday mornings. To set up a time for your test, please call 206.598.4670.

How do I prepare?

Do **not** eat or drink anything after midnight on the morning of your test. If you eat or drink anything after midnight, **we will need to cancel your test.**

Where do I go for the test?

Enter the hospital through the main entrance on N.E. Pacific St. You will be on the 3rd floor of the building.

Go to Admitting to sign in and collect your name badge.

Admitting is down the hall behind and to the right of the Information Desk in the main lobby.

After you sign in, go back to the lobby and turn left. Go down the main hallway to the Pacific elevators. Take one of the elevators to the 4th floor. Your test will be on the 4-South Special Procedures unit.

What can I expect?

Before starting the test, we will:

- Take your weight, blood pressure, temperature, and heart rate



Admitting is down the hall behind and to the right of the Information Desk in the main lobby.

- Ask you to provide a urine sample
- Start an *intravenous* (IV) catheter into your vein and collect blood

The results of your urine sample and blood draw will tell us if it is safe for you to take the water deprivation test.

What happens during the test?

If it is safe for you to take the test, we will give you a dose of a man-made anti-diuretic hormone called DDAVP. We will then check your weight, urine levels, and blood levels every hour. This will tell us how your body is responding to the hormone.

The test will take 4 to 6 hours.

What should I do after the test?

Drink plenty of water to rehydrate your body.

Who to Call

Most people do not have any problems after this test. But, **go to the Emergency Room or call 911** if you have these signs of dehydration:

- Feeling lightheaded or dizzy after standing up
- Blurry vision
- Weakness
- Fainting
- Confusion
- Nausea

Who interprets the results and how do I get them?

We will send a report to your provider. This provider will give you the test results.

You may also read your results on your eCare Results page. Be sure to tell your provider when you have had the test so that they can forward the results to eCare.

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

4-South Special Procedures:
Call 206.598.4670 weekdays
from 7 a.m. to 7 p.m.