

## **Desmopressin and Diabetes Insipidus**

**Desmopressin (or DDAVP) comes as a tablet and as a nasal spray.**

**It is used to treat cranial diabetes insipidus (DI).**

**People with DI can become dehydrated very quickly if they do not take their Desmopressin as prescribed.**

**Never miss out your Desmopressin unless advised to do so by your endocrinologist.**

## **What Should I Do If Become Unwell?**

**'Sick Day Rules' tell people what to do with their medication when they are unwell**

**You should continue taking Desmopressin, even if you are unwell.**

**If you take Desmopressin tablets and are vomiting, you must seek urgent medical advice from a doctor or NHS 24. During office hours it is best to contact your endocrine centre.**

**If you are speaking to a doctor or nurse, make sure that they know that you have diabetes insipidus and are taking Desmopressin. Sometimes health care staff may think you have diabetes mellitus (sugar diabetes).**

## **What Happens if I am Admitted to Hospital?**

**Make sure that hospital staff know that you have diabetes insipidus (not mellitus) and that you take Desmopressin.**

**Make sure the hospital staff understand that you must receive your Desmopressin. Sometimes doctors and nurses might think that Desmopressin is not important because it can be given as a nasal spray.**

**Ask the hospital staff to discuss your details with the endocrine team in that hospital.**

**You should consider wearing an 'emergency bracelet' that informs people that you take Desmopressin (and any other important medications like Hydrocortisone and Levothyroxine), in case you are unwell and unable to tell hospital staff yourself. You should also let family and friends know about your Desmopressin so that they can speak with hospital staff, if you are not able to do so.**