

# Arginine infusion test for arginine vasopressin deficiency (AVPD)

## Information for patients

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Your endocrinologist has arranged for you to attend the metabolic unit for an arginine-AVP stimulation test. This is a test to assess if you have AVP deficiency (formerly known as diabetes insipidus). If you are not able to make the enclosed appointment, please let us know so that we can re-arrange a more convenient time.

### How should I prepare for the test?

1. Please do not eat anything from midnight before the test
2. Please drink only water overnight if you are feeling thirsty and do not drink anything after 6am
3. Please miss out your usual desmopressin (DDAVP) treatment (if you usually take this) on the day before the test unless your doctor has told you otherwise
4. The day before the test do not take any of the following medication:
  - a. water tablets (diuretics e.g. furosemide, bendroflumethiazide, spironolactone),
  - b. anti diabetes tablet (specifically empagliflozin, dapagliflozin, canagliflozin) the day before the test or
  - c. anti-inflammatory tablets (e.g. ibuprofen)If you are unsure about which medication to stop please ask us
5. Avoid consuming any alcohol, caffeine or smoking the day before the test.

### What happens during the test?

The test will take about 3.5 hours. We will place a plastic needle into your arm for to infuse some arginine solution. We will measure blood samples after 60 and 90 mins of the infusion to measure how much AVP you are producing (copeptin test).

### Are there any risks for me?

The arginine does not tend to cause any side effects, but some patients may feel slightly nauseous. Let the nursing team know if you are not feeling well.

### When will I get my results?

The results of the test may take about 4-6 weeks to return as some samples are processed in Newcastle. Your endocrinologist will be in touch with you when the results are back.