

Hypertonic saline test for arginine vasopressin deficiency (AVPD)

Information for patients

Your endocrinologist has arranged for you to attend the metabolic unit for a hypertonic saline AVP stimulation test. This is a test to assess if you have AVP deficiency (formerly known as diabetes insipidus).

What will happen during the test?

The test is treated as a full day case and could take up to 7.5 hours. We will place a plastic needle into each arm for collecting blood samples and infuse some concentrated salt solution. We will measure blood samples every half hour and when your blood salt levels are high enough, we will take a blood sample to measure how much AVP you are producing (copeptin test).

Are there any risks to me?

The test may result in you feeling thirsty. Some patients may also develop headache or feel dizzy, but this should improve once we reduce your salt levels back into the normal range.

How do 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 DDAVP treatment the day before the test unless your doctor has told you otherwise
4. If you take hydrocortisone, please take a double (stress) dose on the morning of the test
5. The day before the test do not take any of the following medications
 - a. water tablets (diuretics e.g. furosemide, bendroflumethiazide, spironolactone),
 - b. diabetes tablets (specifically: empagliflozin, dapagliflozin, canagliflozin) the day before the test or
 - c. Anti-inflammatory tablet (e.g. ibuprofen)
6. Avoid consuming any alcohol, caffeine or smoking the day before the test.

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.

If you have any questions, please let us know.