

Central Diabetes Insipidus

DISEASE

DEFINITION of Central Diabetes Insipidus (Central DI)

- Antidiuretic hormone (ADH) is a hormone produced naturally in an area of the brain called "Hypothalamus". It is then released by the pituitary gland at the base of the brain. ADH helps the kidneys to control the amount of water loss through the urine.
- The amount of ADH produced will be reduced when the hypothalamus and pituitary gland are damaged. It results in frequent urination with diluted concentration which might lead to fluid and electrolytes imbalance.
- Cause can be primary or secondary.

SYMPTOMS

Sense of thirst	Large volume of diluted urine with frequent nocturnal urination
Dry skin	Dehydration

TREATMENT PLAN

Reduce urination frequency by taking Desmopressin (**DDAVP**) to replace ADH

LIVING

- ☐ Record fluid intake and output
- ☐ Control the amount of salt and fluid intake
- ☐ Monitor body weight at regular basis

Inform medical professionals when you have the following condition:

- ① Pregnant /plan to have pregnancy/ breast feeding
- ② Nausea/vomiting/edema/severe headache/muscle weakness/fatigue/seizure

MEDICATION

HOW?

- ✓ Follow doctor's prescriptions on dosage and frequency. Take medication at the same time every day if possible.
- ✓ Place the sublingual tablet under your tongue and allow it to dissolve.

What if MISSED A DOSE?

- ◆ Take the medication as soon as possible when you realize a missed dose
- ◆ Take the next dose as scheduled and skip the missed dose if it is about time for another dose of DDAVP
- ◆ Never administer double dose

SIDE EFFECTS

- Common: gastrointestinal upset, headache, nausea, dizziness
- Fluid imbalance if not strictly following the prescribed dosage/frequency

POINTS to note

- Avoid exposing the medication under sunlight
- Keep out of reach of children

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