

The Desmopressin-Escape Method

A safe and simple method to allow for **'Breakthrough'** to reduce the risk of low blood sodium (hyponatremia)



This method might **not be appropriate** for some patients, e.g., those with impaired thirst perception or younger patients!

Please ask your treating physician first.

DESMOPRESSIN reduces uncontrolled urine loss in patients with Arginine Vasopressin Deficiency [Central Diabetes Insipidus].

! dosage & timing are symptom-specific and might show daily variation !

* Only drink when you are actually thirsty, not out of habit, because of a dry mouth, or to be social.

* Length of Desmopressin effectiveness can be influenced by, e.g., your salt intake, stress or activity level, other medication, illness...

Desmopressin treatment carries the risk of **overhydration and low blood sodium** (hyponatremia)



You should routinely **delay or omit** a dose of Desmopressin to allow for **'BREAKTHROUGH'** Symptoms (your original symptoms):

(1) Your **BIG THIRST** is just starting up again.

(2) You run to the bathroom with a **full bladder** several times in an hour or two

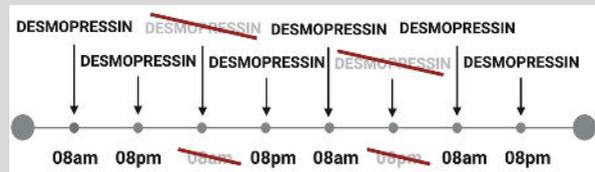
(3) Your **urine is pale** & nearly colorless



You can safely take your next dose of Desmopressin once you had **'BREAKTHROUGH'** Symptoms

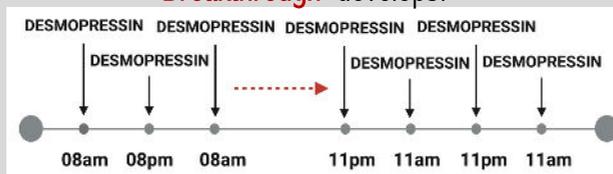
OPTION (1) Weekly omission

Once or twice per week, Desmopressin is **omitted** completely



OPTION (2) Delayed dose

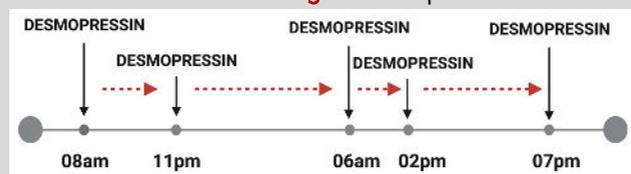
Once or several times per week Desmopressin is **delayed** until **'Breakthrough'** develops.



after two or more visits to the bathroom, you can take your next Desmopressin dose

OPTION (3) Regular delayed dose

Delay one or every dose of Desmopressin is until **'Breakthrough'** develops.



after two or more visits to the bathroom, you can take your next Desmopressin dose

Signs and Symptoms of

overhydration and low blood sodium (hyponatremia)

MILD SYMPTOMS

Fatigue/Lethargy
Irritable
Headache
Reduced appetite



Check for blood sodium level

MODERATE SYMPTOMS

(MILD +)
Weakness/muscle cramps
Confusion
Nausea without vomiting



URGENT
Check for blood sodium level

SEVERE SYMPTOMS

(MILD + MODERATE +)
Increasing confusion
Nausea and vomiting
Convulsions/seizures
Coma/unconsciousness



Call an Ambulance
or go to the
Emergency Room

Other signs:

- No thirst
- No or very little urine
- Swellings (e.g., fingers)
- Weight gain within a few days to weeks

Name: _____

Date of Birth: _____