

Penn Pituitary Center

**Patient Instructions: Self-case of Diabetes Insipidus During a Gastrointestinal Illness**

1. If you develop a diarrheal illness, please try to hydrate as much as possible with an electrolyte rich fluid (e.g. broth, Gatorade or Pedialyte).
2. Please notify us early in the illness.
3. Please keep an eye on your hydration status: you should be able to see bubble of saliva under tongue. Dry lips, coated tongue, small amounts of dark urine, or feeling dizzy are signs of dehydration.
4. Often during dehydrated state from diarrhea, the requirement for desmopressin/DDAVP temporarily goes away/decreases. Please take DDAVP only at the time of "breakthrough"/when symptoms of diabetes insipidus symptoms return: high output of light-colored urine and significant thirst.
5. If starting to feel weak, lethargic, or lightheaded please head to the ER and call us when on the way
6. Please bring desmopressin/DDAVP to ED with you
7. A reminder that a vomiting illness almost always requires care at a medical facility.