

## 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)

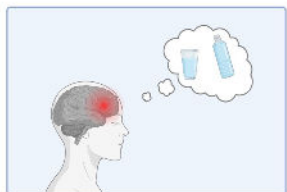


You should routinely **delay or omit** a dose of Desmopressin to allow for **'BREAKTHROUGH'** Symptoms (your original symptoms):

(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

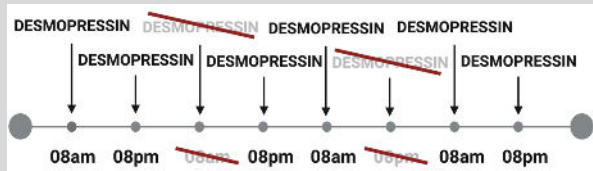
(3) Your **urine is pale** & nearly colorless



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

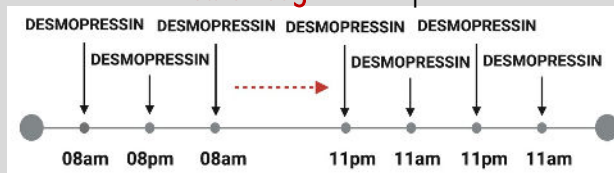
### OPTION (1) Weekly omission

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



### OPTION (2) Delayed dose

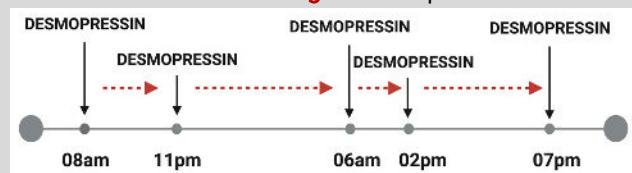
Once or several times per week Desmopressin is **delayed** until **'Breakthrough'** develops.



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: \_\_\_\_\_