

Desmopressin (DDAVP) Challenge

Desmopressin (DDAVP) is a medicine given to people with bleeding disorders to prevent or stop bleeding. This medicine does not work for everyone, so you will need a DDAVP challenge to make sure the medicine will help to clot your blood.

Before Your Visit

- **For 10 days before your visit: Do not take** aspirin or any medicine that contains aspirin.
- **For 3 days before your visit: Do not take** non-steroidal anti-inflammatory medicine (NSAIDs). These include:
 - Ibuprofen (Motrin[®] or Advil[®])
 - Naproxen (Aleve[®])
- **Read the medicine labels for all other medicines.** Medicine used to treat cold and flu, headaches or other pain may contain these medicines.

During Your Visit

1. You will get a blood test before you get DDAVP.
2. You will receive DDAVP through a vein or as a nose spray called Stimate[®].
3. You will have another blood test 1-2 hours after you received the medicine.
4. You may need one more blood test 4-6 hours later. These blood tests will show if DDAVP works for you.

After Your Visit

DDAVP makes the body hold on to water.

- Limit plain water and other fluids for 24 hours after DDAVP.
- Drink fluids that have salt in them such as sports drinks, chicken or beef broth and milk.

Liquid Intake Table

Your Weight in pounds (lbs)	Maximum 24 hour fluid intake	Number of 8 ounce glasses
22-34	24 oz	3
35-45	32 oz	4
46-67	40 oz	5
68-110	48 oz	6
111-160	56 oz	7
161-200	64 oz	8
201+	72 oz	9

Common Side Effects

- Temporary facial redness
- Mild headache
- Mild swelling of arms or legs

Less Common Side Effects

- Stuffy nose
- Sore throat
- Mild belly cramping
- Low blood pressure
- Fast heart rate
- Seizures due to low blood sodium

When to Call

- If you **do not** urinate (pee) within 12 hours of taking DDAVP
- Dizziness
- Fainting
- Confusion
- Changes in eyesight
- Headache not relieved with acetaminophen (Tylenol[®])
- Fever, chills
- Rash
- Seizure
- Signs of allergic reaction like wheezing or trouble breathing, **call 911** right away.

Results

Your healthcare provider will call you with your results within 1 week. If your blood tests show that DDAVP does not work for you, we will tell you about other medicines.

Who to Call

UW Health Comprehensive Program for Bleeding Disorders
(608) 890-9493

After hours, contact the pediatric or adult hematologist on call at **(608) 262-0486** or **1-800-323-8942**.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 10/2021. University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#7729