

Arginine Vasopressin (AVP)/ Anti-diuretic hormone (ADH)

Description	Arginine Vasopressin (AVP) or Anti-Diuretic Hormone (ADH)
Indication	This is a non-routine test that can be used to investigate diabetes insipidus (cranial= AVP deficiency compared to nephrogenic = AVP resistance). A water deprivation test is recommended as a first line investigation in such cases, which may involve the administration of ddAVP and help confirm AVP deficiency.
Additional Info	AVP/ADH is extremely labile and blood should be collected into a chilled lithium heparin tube and transported on ice. Samples for ADH must be accompanied by samples for serum and urine osmolality.
Concurrent Tests	Serum and urine sodium, serum and urine osmolality
Dietary Requirements	N/A
Interpretation	Plasma AVP/ADH is plotted against plasma osmolality and an appropriate response is determined. In nephrogenic DI, patients have high AVP/ADH with urine osmolality <300 mmol/kg. Patients with cranial DI have little or no increase in AVP/ADH.
Collection Conditions	AVP/ADH is extremely labile. Sample must be collected into a chilled Lithium Heparin tube and transported to lab packed in ice. Simultaneous samples must be sent for serum and urine osmolality.
Frequency of testing	As required. Contact duty biochemist for advice