



## ENDOCRINOLOGY & DIABETES PROGRAM

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

Endocrinologist: \_\_\_\_\_ Nurse: \_\_\_\_\_

### DIABETES INSIPIDUS LETTER

Name: \_\_\_\_\_

DOB: \_\_\_\_\_

PHN: \_\_\_\_\_

\_\_\_\_\_ has been diagnosed with central diabetes insipidus (DI). This condition means that his/her body does not make enough of the water-retaining hormone called anti-diuretic hormone (ADH, or vasopressin). Therefore, \_\_\_\_\_'s body is unable to regulate the amount of fluid that needs to be kept in the body. He/she takes a replacement hormone in the form of a nasal spray and/or an oral tablet, but sometimes the dose may wear off early, and he/she will begin to lose fluid rapidly through the urinary system. This is a potentially serious situation, if he/she is unable to replace the fluids by drinking water.

It is therefore necessary for any child with DI to have unlimited access to the washroom whenever required, and also to have free access to drinking water as needed. Limiting access to water could cause \_\_\_\_\_ to have a serious dehydration crisis.

We thank you for your attention to this matter. Please do not hesitate to contact us if you have any further questions.