

## Arginine-stimulated copeptin test

### Other formats

If you need this leaflet in another format such as Braille, large print, high contrast, British Sign Language or translated into another language, contact the Patient Advice and Liaison Service:

- 01392 402093 (for Mid Devon, East Devon and Exeter services)
- 01271 314090 (for North Devon services)
- [rduh.pals@nhs.net](mailto:rduh.pals@nhs.net)

### What is this test?

This test uses a medicine called arginine to make your body release a hormone. We then measure this hormone in your blood.

### Why do I need this test?

Your doctor needs this test to find out why you have certain symptoms. The test helps to see if your body is making enough of a hormone called vasopressin (also known as anti-diuretic hormone). This hormone helps your kidneys save water, so you don't pass too much urine.

If you don't have enough vasopressin, you may pee a lot and feel very thirsty. This is called Arginine Vasopressin Deficiency (it used to be called Diabetes Insipidus). It is different from Diabetes Mellitus, which is sometimes called 'sugar diabetes'.

It is very hard to measure vasopressin levels in the blood. The body produces copeptin at the same time as vasopressin, and copeptin is much easier to measure.

### How do I get ready?

- Do not eat from midnight before the test. You can drink water until two hours before the test.
- If you need to take pills within two hours of the test, use just a small sip of water to swallow them.
- If you take Desmopressin medicine, do not take it for 24 hours before the test.

## What happens during the test?

A nurse specialist will do the test at the clinic. They will explain the test and any side effects and ask for your permission to start.

The nurse will weigh you and check your blood pressure and heart rate. You will sit quietly on a couch for 30 minutes before the test starts.

A small tube (called a cannula) will be put into a vein in your arm. We will take blood samples from this tube. Then, the arginine medicine will be given to you through the tube over 30 minutes.

Thirty minutes after the medicine finishes, we will take another blood sample. Then we will remove the tube (cannula) from your arm.

You can eat and drink after the test. We suggest bringing a snack and a drink with you.

The whole test will take less than two hours.

## Are there any risks?

The arginine can cause some people to feel thirsty, dizzy, sick, shivery, or to vomit or have a headache or have diarrhoea.

## Are there other tests?

Your doctor has asked for this test as this is the best way to find out what is causing your symptoms. There are alternatives, such as the Water Deprivation Test, but this typically takes a lot longer to carry out. If you want to talk about alternatives to the arginine-stimulated copeptin test then please discuss with your endocrinology doctor,

## What if I don't want the test?

If you do not have this test, it may be harder for your doctor to know what is wrong or how to help you.

If you cannot come or change your mind please tell the Endocrine Specialist Nurse.

Phone: **01392 403835 / 402847**

Email: [rduh.exeterendocrinurses@nhs.net](mailto:rduh.exeterendocrinurses@nhs.net)

## When will I get the results?

The nurse will contact you with your results, usually within two to four weeks after the test. The blood samples for copeptin measurement are sent away to a lab in another hospital, so we cannot say exactly when results will return.

## Your notes

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### PALS

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern, please contact PALS:

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- 01271 314090 (for North Devon services)
- [rduh.pals@nhs.net](mailto:rduh.pals@nhs.net)

### Have your say

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You can also share your feedback on the Care Opinion website at [www.careopinion.org.uk](http://www.careopinion.org.uk) or freephone 0800 122 3135.



Scan the QR code to visit the Care Opinion website →

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[www.royaldevon.nhs.uk](http://www.royaldevon.nhs.uk)

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