



HEMOPHILIA AND BLEEDING DISORDERS CLINIC

Desmopressin (DDAVP) Challenge

What is Desmopressin?

Desmopressin (DDAVP) is a man-made form of vasopressin, a hormone made by your body.

- It can be given into a vein or as a nose spray (Stimate).
- DDAVP is used to stop bleeding or prevent bleeding with surgery or dental work.
- It is most often given to people with mild von Willebrand disease, mild hemophilia A or platelet function disorders.

Why do I need a DDAVP challenge?

This test is given to see if DDAVP will increase the clotting factor in your blood enough to prevent bleeding. For a small number of people DDAVP will not work.

What can I expect during my appointment?

- Before DDAVP is given you will need a blood test to measure the amount of clotting factor in your blood. This can be done during a clinic visit or the same day of the challenge.
- If DDAVP is given into a vein a nurse will insert an IV and the medication is given over 30 minutes.
- If DDAVP is given as a nose spray (Stimate) it may be given in clinic by a nurse or at home as ordered by your physician.
- You will have a blood test 60- 90 minutes after the medication is given to see if your clotting factor level goes up.
 - The amount of clotting factor in your blood will be highest about 90 minutes after the DDAVP is given.
 - You may need to have several blood samples drawn later that day to see if your clotting factor level stays up.

Precautions while taking DDAVP

- For 24 hours after taking DDAVP limit the amount of fluid you drink, especially plain water. Drink only enough so that you are not thirsty.
- Sometimes, taking DDAVP can cause severe water retention.
 - This can lead to low blood sodium levels and can cause seizures and coma.
 - If you have neurologic or kidney problems, heart failure or are very young or elderly you may need to drink less fluid.

Possible side effects that usually do not need medical attention

More common:

- Facial flushing that goes away
- Mild headache
- Mild water retention

Less common:

- Stuffy nose
- Sore throat

Side effects that do need medical attention

- Headache that does not go away with acetaminophen (Tylenol)
- Dizziness or fainting
- Vision problems
- Confusion
- Seizures
- Signs of an allergic reaction (fever, chills, rash, hives, wheezing, trouble breathing **(Call 911)**)

Results

Your doctor or nurse will call you with your test results within a week.

- If DDAVP increases your clotting factor levels enough then you are a responder to DDAVP.
- If you have only a partial response or no change in clotting factor levels then your doctor will recommend a different treatment option.
 - More testing may be required.