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When is too much water?

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Background: Is it very normal for doctors to recommend to drink water to most of their patients, but some already drink a lot of water, sometimes so much it can cause diseases, but they will describe it as "normal drink" "quite a lot".

Case: 63-year-old man with history of anticoagulated atrial fibrillation for years, benign prostate hyperplasia in treatment for one year. Consultation by anosmia in 2014, he was evaluated by specialist.

He enquires for another problems and he said that he was drinking plenty of water every day, when asked about how much water daily and he said that he drank around 10 litres of water a day.

He insisted that he felt the urge to drink water constantly, even at night and that this situation begins to be uncomfortable.

Results: We requested 24 hours urine and blood samples with renal function and ions.

5 litres of urine were collected with low urine density and then we calculate the plasma osmolality and we observed slightly high osmolality (289,84 mOsm/kg). The blood ions were normal and there were signs of plasma dilution appear.

Then we contacted with our fellows to the Hospital to make a thirst test and to end the study. In the hospital were obtained several blood samples every hour along 5 hours without to drink water, the blood result noting a progressive increase in the plasma osmolality, starting at 292,8 and coming up to 404 mosm/kg

After the administration of 1 milligram of desmopressin the osmolality of plasma raised to 562 mosm/kg.

A Thoracoabdominal CT was performed without finding anything problems justify the clinic.

A Cranial and sella MRI with and without gadolinium showed the pituitary gland was slightly decreased, without observing injuries occupants of space or alterations in the morphology of the gland. Therefore the report was Sella partially empty.

Finally the diagnosis was Incomplete central Diabetes Insipidus of uncertain etiology.

With the start of the treatment the desmopressin 120 micrograms every 12 hours, the patient felt improvement of symptoms almost immediately after taking the medication.