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Desmopressin (DDAVP®) to treat/prevent bleeding when you have a known blood disorder

Haemostasis and Thrombosis Centre

Information for Patients

Last reviewed: September 2026
Next review: September 2029
Leaflet number: 790 Version: 5

What is DDAVP®?

DDAVP® is a medicine that helps to treat certain bleeding disorders. It makes your blood clot better. It is as an injection under your skin (subcutaneous).

Before treatment

Before you start, you may have a trial to see if DDAVP® works for you.

- This trial will be done in the Haemostasis and Thrombosis Centre.
- You will have a blood test.
- You will get DDAVP® injection.
- More blood tests will be taken 90 minutes and 6 hours after the injection. Some patients need another blood test 24 hours (1 day) after their injection.

Using DDAVP®

You get the DDAVP® injection in the clinic. Your doctor or nurse might let you use it at home. DDAVP® must be kept in the fridge.

What are the benefits of DDAVP®?

- It can help to stop minor bleeding.
- It can be given in anticipation of expected bleeding, such as invasive procedures including dental work.
- It can be given at home. You do not have to come to the Haemostasis and Thrombosis Centre.

What are the main side effects of DDAVP®?

- Sometimes you may have some flushing or warmth on your face.
- You may also get a short-term headache or feel sick. Please let your doctor or nurse know if you have a bad headache or one that lasts longer than usual.
- A few people have had allergic skin reactions or more general allergic reactions.
- DDAVP® causes your body to keep (retain) water. It is very rare but too much fluid in the body can be harmful. We will advise you to limit the amount of fluid you have.

Why do I have to limit the amount I drink?

You need to limit the amount of fluid you drink for 24 hours (1 day) after the injection. This helps to stop your body retaining too much water.

You should only drink as much as you need to satisfy your thirst. Your nurse or doctor will advise you on the amount you can drink.

Maximum fluid you can drink in the first 12 hours (mls):

Maximum fluid you can drink in the in next 12 hours (mls) 12 to 24 hours after DDAVP®:

It is important to tell your doctor or nurse if you:

- have type IIB von Willebrand disease,
- have serious kidney disease,
- have problems peeing,
- are pregnant, are trying to get pregnant, or are breastfeeding,
- drink large amounts during the day or night,

Some people are at risk of getting abnormal levels of some chemicals in the blood. They will be closely monitored if treated with DDAVP®. These include people who:

- are taking water tablets,
- have heart failure or angina,
- have had a heart attack or stroke,

Please make sure that your doctor or nurse knows of all the medicines you are taking. This includes over-the-counter medicines. You also need to tell them of any allergies.

What bleeding may be treated at home?

Use DDAVP® at home for minor bleeding, such as nosebleeds, mouth bleeding, minor injuries. It can also be used before expected bleeding, such as dental work (this is sometimes called prophylaxis).

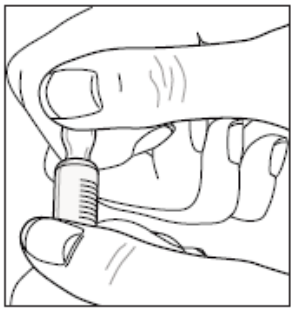
More serious bleeding such as joint or muscle bleeds, should always be checked at the Haemostasis and Thrombosis Centre.

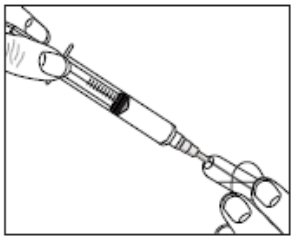
Head injuries. Do not use DDAVP® at home. You must contact the Haemostasis and Thrombosis Centre for advice.

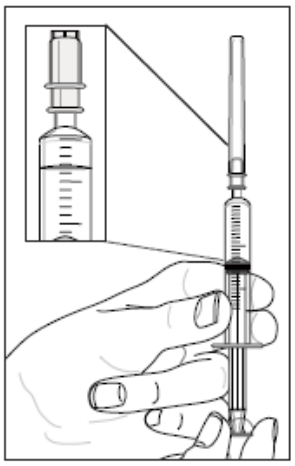
Instructions for giving DDAVP® injections

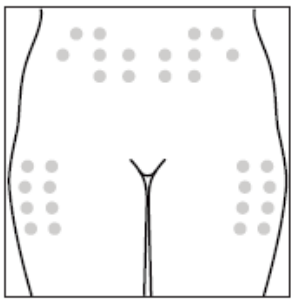
What you will need:

- syringe
- pink needle
- orange needle
- 1 or 2 ampoules of DDAVP®
- gauze
- sharps box





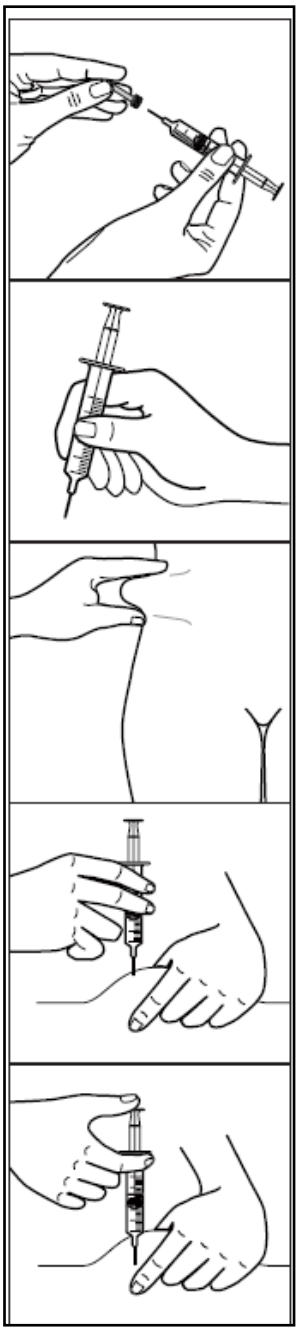




Instructions:

1. Wash your hands. Clean workspace / tray with disinfectant spray before preparing the injection.
2. Open the syringe and needles.
3. Use gauze to protect your fingers when opening the glass ampoule.
4. With the dot facing forwards, snap back the top of the ampoule.
5. Draw up the fluid into the syringe using the pink needle.
6. Take the pink needle off the syringe and drop into the sharps box. Attach the orange needle to the syringe, leaving the cover on.
7. Hold the syringe upright. Gently push the plunger upwards to remove any air.
8. Make sure you have a sharps box and cotton wool ball ready for after the injection.
9. Wash your hands before giving the injection.
10. Sit in a comfortable position so you are relaxed.
11. Select the site for the injection. Suitable injection sites include the sides of your tummy (avoiding the area near your belly button) and your thighs.
12. Take the syringe and with your thumb and forefinger carefully remove the cover from the needle. Take care not to touch the sterile needle.

13. Hold the syringe halfway down the barrel, in 1 hand. Do not press the plunger yet as some medicine may be lost.
14. Use your other hand to gently grasp a fold of skin for your injection. Hold the skin between your thumb and index finger.
15. Hold the syringe at a right angle to the skin, like a dart. Quickly insert the needle all the way into the skin fold.
16. Push the plunger down steadily. Keep pushing until all of the fluid is injected into the skin.
17. Make sure you hold the skin fold throughout the injection.
18. Release the skin fold and pull the needle straight out at the same angle that it was inserted.
19. Close the safety cover onto the needle by pressing onto a hard surface. Take care not to touch the used needle.
20. Place cotton wool over the injection site. Apply constant pressure for 2 to 3 minutes.



After the injection

- **To avoid bruising do not rub the injection site after you have injected yourself.**
- Discard the needle in the sharps container.
- **When the container is full ‘lock’ it and take it to the hospital for disposal. Do not put it in the household rubbish.**
- Wash your hands.

What should I do if I am worried or need advice?

If you have any questions of worries about having DDAVP® treatment, please phone the nursing team:

Phone: **0116 258 6500**

(Monday to Friday, 8.30am to 4.30pm)

If it is an emergency:

1. Call the hospital switchboard on 0300 303 1573.
2. Ask for the **'Haemophilia Registrar on-call'** explaining the reason for your call.
3. This specialist doctor will make the correct arrangements for you to be seen or offer advice according to your needs.

My dose of DDVAP®:

My usual dose of DDAVP® is ……mcg.

This means that I need to inject ……...mls of solution.

This may mean I need to open 2 ampoules.

Health information and support is available at www.nhs.uk or call 111 for non-emergency medical advice
Visit www.uhleicester.nhs.uk for maps and information about visiting Leicester's Hospitals.
To give feedback about this information sheet, contact uhl-tr.informationforpatientsmailbox@nhs.net

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہِ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।
إذا كنت ترغب في الحصول على هذه المعلومات بلغةٍ أُخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો.

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email uhl-tr.equalitymailbox@nhs.net

We are a research hospital and you may be asked to take part in research

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