

Having treatment with DDAVP® (Desmopressin) injections

Haemostasis and Thrombosis Centre

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Information for patients

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What is DDAVP?

DDAVP is a medicine that is often used for the treatment of certain bleeding disorders. It increases some of the factors that help blood clot, and it is given by subcutaneous injection (under your skin).

Before starting on this treatment you may have a trial of DDAVP to find out whether you respond sufficiently to this treatment. This trial will be done in the Haemostasis and Thrombosis Centre. You will have a blood test taken and then you will be given an injection of DDAVP. Further blood tests will be taken 90 minutes and six hours after the injection. Some patients need another blood test 24 hours after their injection.

DDAVP subcutaneous injection is normally used in the clinic setting, but your doctor or nurse may recommend that you can use this at home. DDAVP must be kept in the fridge.

What are the benefits of treatment with DDAVP?

- It can help to stop minor bleeding.
- It can be given in anticipation of expected bleeding, such as heavy periods or dental work.
- It can be given at home, rather than you having to attend the Haemostasis and Thrombosis Centre.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

What are the main side effects of DDAVP?

- Occasionally, people given DDAVP may experience some flushing or warmth on their face.
- You may also get a temporary headache or short-term nausea. Please let your doctor or nurse know if you experience an unusually bad or prolonged headache.
- A few people have had allergic skin reactions or more general allergic reactions.
- DDAVP causes your body to retain water. Although it is very rare, too much fluid in the body can be harmful. You will be advised to limit your fluid intake.

Why do I have to limit the amount I drink?

To help prevent your body retaining too much water after DDAVP injection, you need to restrict the amount of fluid you drink for 24 hours after the injection.

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 in first 12 hours (mls)

Maximum fluid in next 12 hours (mls) 12 - 24 hours after

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

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

Some people are at risk of developing abnormal levels of some chemicals in the blood and 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 is aware of all the medicines you are taking, including over-the-counter medicines, as well as any allergies you have.

What bleeding may be treated at home?

DDAVP may be used at home for minor bleeding, such as nosebleeds, mouth bleeding, minor injuries or heavy periods. It can also be used in anticipation of expected bleeding, such as dental work (this is sometimes called prophylaxis).

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

Head injuries should never be treated with DDAVP at home, and you should always come to the Haemostasis and Thrombosis Centre to be seen, because the symptoms of a head injury and the side effects of DDAVP can be similar.

Heavy periods may be treated with a medicine called tranexamic acid. If necessary, tranexamic acid and DDAVP may be used together to control the symptoms. The Centre staff will advise you on the correct dosage of both tranexamic acid and DDAVP, and how often to take them.

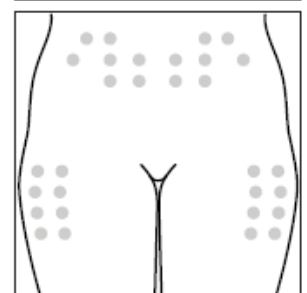
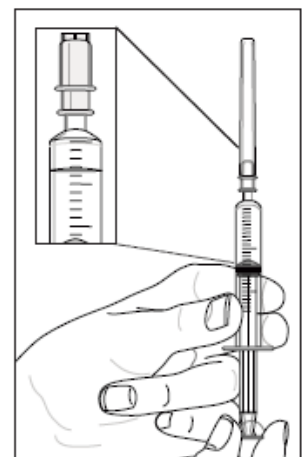
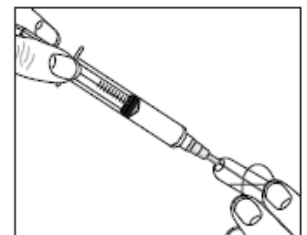
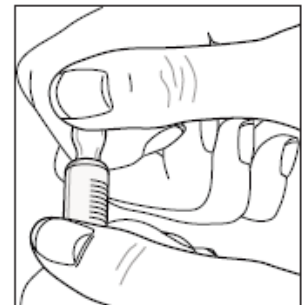
Instructions for giving DDAVP injections

Items required:

Syringe, blue needle, orange needle, 1 or 2 ampoules of DDAVP, gauze, sharps box.

Instructions:

- Wash your hands. Clean workspace / tray with disinfectant spray prior to preparing the injection.
- Open the syringe and needles.
- Use gauze to protect your fingers when opening the glass ampoule.
- With the dot facing forwards, snap back the top of the ampoule.
- Draw up the fluid into the syringe using the pink needle.
- Take the pink needle off the syringe and drop into the sharps box. Attach the orange needle to the syringe, leaving the cover on.
- Hold the syringe upright and gently push the plunger upwards to remove any air.
- Make sure you have a sharps box and cotton wool ball ready for after the injection.
- Wash your hands before giving the injection.
- Sit in a comfortable position so you are relaxed.
- 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.



Instructions (continued)

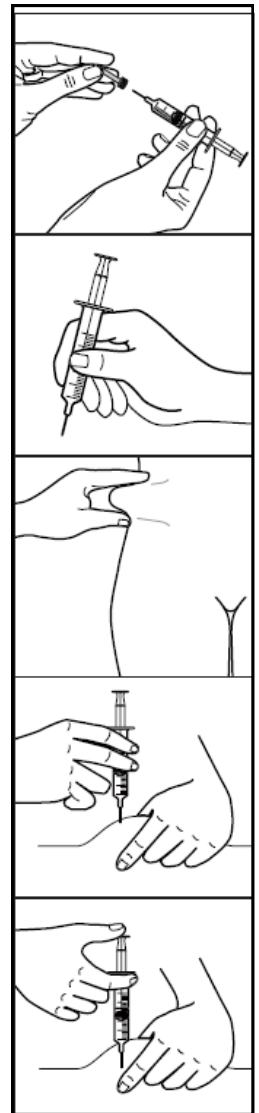
- Take the syringe and with your thumb and forefinger carefully remove the cover from the needle. Take care not to touch the sterile needle.
- Hold the syringe halfway down the barrel, in one hand. It is important not to press the plunger yet as some medicine may be lost.
- Use your other hand to gently grasp a fold of skin for your injection. Hold the skin between your thumb and index finger.
- Hold the syringe at a right angle to the skin, like a dart. Quickly insert the needle all the way into the skin fold.
- Push the plunger down steadily. Keep pushing until all of the fluid is injected into the skin.

Make sure you hold the skin fold throughout the injection.

- Release the skin fold and pull the needle straight out at the same angle that it was inserted.
- Close the safety cover onto the needle by pressing onto a hard surface. Take care not to touch the used needle.
- Place cotton wool over the injection site and apply constant pressure for two to three minutes.

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 either your GP's surgery or return it to the hospital for disposal. Do not put it in the household rubbish.

- When you have finished, please wash your hands.

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

If you have any questions or concerns about having DDAVP treatment, please telephone the nursing team:

Telephone: 0116 258 6500

(Monday to Friday, 8.30am to 4.30pm)

If it is an emergency:

Call the hospital switchboard on 0300 303 1573 and ask for the 'Haemophilia Registrar on-call' explaining the reason for your call. This specialist doctor will make the appropriate arrangements for you to be seen or offer advice according to your needs.

My dose of DDVAP

My usual dose of DDAVP ismcg.

This means that I need to open the first ampoule and injectmls of solution.

I may need to open a second ampoule and injectmls at another injection site to give my full dose of DDAVP.

(Delete as necessary)

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
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Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

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