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# Diabetes Insipidus

**Also called:** DI


Diabetes insipidus (DI) causes frequent urination. You become extremely thirsty, so you drink. Then you urinate. This cycle can keep you from sleeping or even make you wet the bed. Your body produces lots of urine that is almost all water.

DI is different from diabetes [<https://medlineplus.gov/diabetes.html>] mellitus (DM), which involves insulin problems and high blood sugar. The symptoms can be similar. However, DI is related to how your kidneys handle fluids. It's much less common than DM. Urine and blood tests can show which one you have.



Usually, DI is caused by a problem with your pituitary gland or your kidneys. Treatment depends on the cause of the problem. Medicines can often help.

*NIH: National Institute of Diabetes and Digestive and Kidney Diseases*




## Start Here

- Diabetes Insipidus [<https://www.endocrine.org/patient-engagement/endocrine-library/diabetes-insipidus>] (Endocrine Society)
- Diabetes Insipidus [<https://www.niddk.nih.gov/health-information/kidney-disease/diabetes-insipidus>]  (National Institute of Diabetes and Digestive and Kidney Diseases)


## Diagnosis and Tests

- Osmolality Tests [<https://medlineplus.gov/lab-tests/osmolality-tests/>]  (National Library of Medicine)  
Also in Spanish [<https://medlineplus.gov/spanish/pruebas-de-laboratorio/pruebas-de-osmolalidad/>]
- Sodium Blood Test [<https://medlineplus.gov/lab-tests/sodium-blood-test/>]  (National Library of Medicine)  
Also in Spanish [<https://medlineplus.gov/spanish/pruebas-de-laboratorio/prueba-de-sodio-en-la-sangre/>]

## Genetics

- Nephrogenic diabetes insipidus: MedlinePlus Genetics [<https://medlineplus.gov/genetics/condition/arginine-vasopressin-resistance>]  (National Library of Medicine)
- Neurohypophyseal diabetes insipidus: MedlinePlus Genetics [<https://medlineplus.gov/genetics/condition/arginine-vasopressin-deficiency>]  (National Library of Medicine)
- Wolfram syndrome: MedlinePlus Genetics [<https://medlineplus.gov/genetics/condition/wolfram-syndrome>]  (National Library of Medicine)


## Clinical Trials

- ClinicalTrials.gov: Diabetes Insipidus [<https://clinicaltrials.gov/search?cond=%22Diabetes+Insipidus%22&aggFilters=status:not%20rec>]  (National Institutes of Health)

## Journal Articles

- Article: Development and validation of a predictive machine learning model for postoperative...  
[<https://www.ncbi.nlm.nih.gov/pubmed/40253842>]
- Article: Urinary oxytocin secretion after pituitary surgery, early arginine vasopressin deficiency and...  
[<https://www.ncbi.nlm.nih.gov/pubmed/39681826>]
- Article: Nomogram for predicting diabetes insipidus following endoscopic transsphenoidal surgery in pituitary...  
[<https://www.ncbi.nlm.nih.gov/pubmed/39626865>]
- Diabetes Insipidus -- see more articles [<https://pubmed.ncbi.nlm.nih.gov/?term=%22Diabetes+Insipidus%22%5Bmajr%3Anoexp%5D+AND+humans%5Bmh%5D+AND+english%5Bla%5D+AND+%22last+2+Years%22+%5Bedat%5D+NOT+%28letter%5Bpt%5D+OR+case+reports%5Bpt%5D+OR+editorial%5Bpt%5D+OR+comment%5Bpt%5D%29>]

## Find an Expert

- National Institute of Diabetes and Digestive and Kidney Diseases [<https://www.niddk.nih.gov>] 

## Patient Handouts

- Central diabetes insipidus [<https://medlineplus.gov/ency/article/000460.htm>] (Medical Encyclopedia)  
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/000460.htm>]
- Diabetes insipidus [<https://medlineplus.gov/ency/article/000377.htm>] (Medical Encyclopedia)  
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/000377.htm>]
- Nephrogenic diabetes insipidus [<https://medlineplus.gov/ency/article/000511.htm>] (Medical Encyclopedia)  
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/000511.htm>]



## MEDICAL ENCYCLOPEDIA

Antidiuretic hormone blood test [<https://medlineplus.gov/ency/article/003702.htm>]

Central diabetes insipidus [<https://medlineplus.gov/ency/article/000460.htm>]

Diabetes insipidus [<https://medlineplus.gov/ency/article/000377.htm>]

Nephrogenic diabetes insipidus [<https://medlineplus.gov/ency/article/000511.htm>]

Thirst - excessive [<https://medlineplus.gov/ency/article/003085.htm>]

Urine 24-hour volume [<https://medlineplus.gov/ency/article/003425.htm>]

Urine concentration test [<https://medlineplus.gov/ency/article/003608.htm>]

Related Health Topics

Pituitary Disorders [<https://medlineplus.gov/pituitarydisorders.html>]

National Institutes of Health

The primary NIH organization for research on *Diabetes Insipidus* is the National Institute of Diabetes and Digestive and Kidney Diseases [<https://www.niddk.nih.gov>]

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