SIADH (Syndrome of Inappropriate Antidiuretic Hormone)
Patient Education

SIADH is a syndrome (or a condition) in which there is an abnormal amount of antidiuretic hormone (ADH), a hormone that helps the kidneys and body conserve the correct amount of water. This causes a decrease in urine output, retention of water, and a decrease in the sodium in your blood.

Some types of tumors produce different hormones. Tumors that may have an increased risk of causing this syndrome include lung cancer, prostate cancer, Hodgkin’s disease, pancreatic cancer, and colon cancer. Certain types of chemotherapy and many other medications and medical conditions can also cause this syndrome.

Symptoms

- Decrease in the amount of urine that you put out.
- Increased thirst.
- Nausea and vomiting.
- Muscle cramps or muscle aches.
- Unexplained weight gain.
- Low levels of sodium in your blood.
- Changes in your behavior, confusion, memory loss, tiredness, irritability.
- Seizures and coma.

Treatment

- SIADH can be a serious condition. Some patients with this problem will need to be kept in the hospital for close monitoring until the sodium levels can be corrected.
- You will be limited in how much you are able to drink. This will keep the amount of water in your body from increasing even more. It is very important to follow these instructions even though you may feel very thirsty. Drinking more fluids than your doctor has ordered may worsen this syndrome.
- Your doctor and nurse will closely monitor the amount of fluid that you drink and the amount that you urinate.
- If your sodium level is extremely low the doctor may give you sodium by vein to raise this level. The nurses will make sure your environment is safe because you may be at risk for seizures.

Suggestions

- Keep your mouth clean and sip fluids to keep mouth moist
- You may drink fluids or beverages that have sodium in them such as chicken or beef broth and tomato or
vegetable juice. These drinks may help to slightly raise the sodium level in your blood.