

## Differential Diagnosis of Polyuria and/or Hyponatremia

Diagnosis	Primary Problem	Thirst	Serum	Urine	Management
Diabetes insipidus	Less ADH	Elevated	Normal or elevated Na <sup>+</sup>	Low osmolality	Desmopressin
Diabetes mellitus	Hyperglycemia	Elevated	Hyperglycemia Na <sup>+</sup> can be low, normal, or elevated	Glucosuria	Diabetes medication
Psychogenic polydipsia	Increased water intake	Elevated	Low Na <sup>+</sup> Normal glucose	Dilute, osmolality < 100 mOsm/kg Urine Na <sup>+</sup> < 10 mEq/L	Fluid restriction
SIADH	Too much ADH	Normal	Low Na <sup>+</sup> Osmolality low, < 275 mOsm/kg	Osmolality concentrated, > 100 mOsm/kg Urine Na <sup>+</sup> > 20 mEq/L	Fluid restriction, stop responsible medication

From the **Clinical Update:**  
*“Management of Psychogenic Polydipsia”*  
 with **Susie Morris, MD.**

*The Carlat Hospital Psychiatry Report*, Volume 2, Issue 3&4 (Double), April/May/June 2022  
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