

去氨加压素 (DDAVP) 安全治疗遗尿症

目的:从大量患者中评价 DDAVP 的安全性与其不良反应。**材料与方法:**按照《意大利夜间遗尿症指南》的标准:年龄 >5 岁;无尿道畸形或感染;无心理问题或神经系统紊乱;尿床次数 >5-7 次;在下午和晚上控制液体摄入量;治疗前监视血清电解质;治疗前和治疗 4-5 天内控制体重;并得到家长同意。治疗的最大剂量为 40 μ g/日(喷 4 次或 2 片),初始剂量为 20 μ g/日(喷 2 次或 1 片),睡前 1 小时使用。研究中有两组单一症状遗尿症患者,一部分是使用 DDAVP 鼻喷剂,另一部分使用片剂。**结果:**小部分患者病症减轻,有一过性副作用;没有发现严重副作用。**结论:**DDAVP 安全治疗遗尿症,副作用少。

Desmopressin is a safe drug for the treatment of enuresis

Del Gado R et al. Department of Pediatrics, Second University of Naples, Naples, Italy

OBJECTIVE: To verify the safety of desmopressin treatment and its associated side-effects in a large number of patients. **MATERIAL AND METHODS:** The study was conducted in accordance with the guidelines of the Italian Club for Nocturnal Enuresis, whose criteria are: age >5 years; absence of malformations and infections of the urinary tract; absence of psychological disorders or neurological alterations; number of "wet nights" >5-7; control of liquid intake during the afternoon and evening; monitoring of serum electrolytes before beginning treatment; control of body weight before the beginning of treatment and during the first 4-5 days of therapy; and the informed consent of the par-

ents. The therapeutic regimen provided for a maximum dose of desmopressin of 40 microg/day (four puffs/nostril or two tablets), starting from an initial dosage of 20 microg/day (two puffs/nostril or one tablet) 1 h before going to bed. The study involved two groups of patients with monosymptomatic enuresis: some of them had been administered desmopressin in the form of a spray and others in the form of tablets. RESULTS: A small percentage of patients presented mild, transient side-effects; in no case were severe side-effects verified. CONCLUSION: Desmopressin is a safe drug with a low incidence of side-effects.

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