SIADH (syndrome of inappropriate antidiuretic hormone) occurs when the body makes too much antidiuretic hormone (ADH). Normally, ADH prevents the kidneys from releasing too much water in the urine (pee). When there is too much ADH, the body holds too much water. The blood becomes diluted and has a low blood sodium (salt) level.

What causes SIADH?
SIADH can be caused by:
- Head trauma
- Surgery
- Stroke
- Tumors
- Meningitis
- Pneumonia
- Certain medicines
- Viruses like HIV

This condition may last for hours or days.

What are the symptoms of SIADH?
Symptoms of SIADH may include:
- Thirst
- Headache
- Tiredness
- Upset stomach
- Low amount of urine
- Irritability
- Seizures
- Muscle weakness
- Cramping
- Not being responsive
- Not wanting to eat

It can be hard to tell if babies or young children have SIADH, because they can’t talk well or tell you if they’re in pain.

How is SIADH diagnosed?
Your child’s healthcare provider will test your child’s blood and urine and check the sodium and potassium (type of salt) levels. They will also ask about your child’s symptoms, especially irritability, tiredness, and changes in the amount of urine your child produces and their appetite.

How is SIADH treated?
If your child has SIADH, they will stay in the hospital for treatment. Healthcare providers will:
- Limit the amount of liquid your child drinks or gets by IV (a small tube placed in a vein).
- Give your child special IV fluids or medicine if their sodium levels are dangerously low.
- Record the amount of fluid your child takes in and the urine (pee) they make.
• Figure out the right amount of liquid your child can have each day to keep them safe.

• Test your child’s blood often to see if the sodium level has changed.

Your child will stay in the hospital until the SIADH goes away and the condition that caused it is controlled. They should not have any more health problems from SIADH if it’s treated quickly.

**What can happen if SIADH isn’t treated?**

If SIADH isn’t treated quickly, your child can have:

• Memory problems

• Headaches

• Muscle cramps

• Depression

If your child’s blood sodium levels are very low, they can have seizures or hallucinations. Severe SIADH can also cause your child to fall into a coma or even death. It’s important to take your child to the doctor immediately if you suspect they have SIADH.