Lab report

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**Drinking alcohol or caffeinated beverages increases urine output more than drinking an equivalent amount of water?**

A hormone that limits the release of urine is ADH. Caffeine and other beverages inhibit its release. This would result in less water to be released in the body, and more is released in the form of urine. Caffeine and the other kinds of beverages block the reabsorption process of sodium.

**Would urine osmolality be increased or decreased?**

With the consumption of alcohol or caffeinated beverages, the production of ADH is blocked. This would result in dilute blood and dilute urine. The dilute urine will decrease the osmolality of the urine.

**Explain why someone with diabetes inspidus must drink more water than normal?**

Due to the least production of ADH, the patients will need to urinate more. The frequent removal of excessive water will result in greater thirst. To balance the excessive loss of water, the patients with diabetes inspidus will have to drink more water to maintain their water balance of the body (Evans, James, Shirreffs, & Maughan, 2017).

**What happened to plasma osmolality when you give a severely dehydrated person to drink a large amount of water?**

The plasma osmolality decreases with the intake of large amounts of water. In dehydration conditions, plasma osmolality increases because the solute is not lost; only water is lost (Evans, James, Shirreffs, & Maughan, 2017). With the intake of a large amount of water in this condition, plasma volume decreases increasing osmolality.

References

Evans, G. H., James, L. J., Shirreffs, S. M., & Maughan, R. J. (2017). Optimizing the restoration and maintenance of fluid balance after exercise-induced dehydration. *Journal of Applied Physiology*, *122*(4), 945–951.