

The invention relates to the medicine, namely to the obstetrics and the nephrology. The method comprises endonasal administration of arginine vasopressin at a dose of  $7 \mu\text{g}$  per  $0.5 \text{ m}^2$  of body surface in the setting of inhibition of the endogenous hormone production by the water loading. For this purpose, the person drinks warm water in 30 minutes preceding the examination in a volume of 2% of body mass. The result is taken into account by 1.1-2.5-fold decrease in water excretion.