



## How to avoid a diluted drug test



When your urine specimen for a drug test comes up diluted, you drank too much water in advance of the test. You should be careful not to overconsume fluids prior to a drug test. An extra glass of water is about all you need. If you drink too many fluids, then you will more than likely end up with a diluted specimen.

When providing a urine sample, you can follow some simple guidelines to avoid providing diluted urine. These are:

- Avoid all diuretics or caffeine—the day of the drug test until AFTER the collection is done.
- Eat an hour (or more) before you test, a high protein meal or snack—egg, cheese, meat.
- You should NOT consume more than 24 oz. of fluid and the fluid you do consume should be a substantial fluid—milk, smoothie, tomato juice.
- Add a pinch of salt to one liter of water you drink. This helps replenish your electrolytes.
- Drink more citrus fruits or juices. These foods are rich in Vitamin C, which helps your body produce more concentrated urine.
- Go to the collection site while the first morning urine is still in your bladder to use this as the specimen. If this is NOT possible, you should empty your bladder approximately 2 hours prior to your planned arrival at the collection site.
- Do not drink water (more than one full glass of water) or any liquid substances (such as coffee, green tea, and black tea) at least before 2 hours of sample collection.
- Do not try to mask or dilute the sample. Urine labs have seen it all and know to test for commercially available test-masking chemicals. Most household substances, such as bleach, salt, or vinegar, will radically alter the pH of your urine, which will make it obvious that you have tampered with the sample. Diluting the sample by adding water can also raise red flags by changing the color and/or temperature of your urine; a clear sample will probably be rejected, as will a lukewarm one. Ignore the rumor going around that drinking bleach will purify your urine. Drinking bleach can corrode your mouth, throat, and stomach, potentially killing you. What's more, it won't even mask your sample. Don't fall for false advertising on products that say your test will come up negative if you add the substance to your urine. They don't work.

By following these guidelines, you will help to avoid diluted and abnormal urines and ensure that the result of your test provides a valid indicator that you are drug free.

Dilution is caused by adding fluid to the sample or by drinking large amounts of fluid which may dilute the specimen. If you are adding fluid to your sample, it is likely you are trying to cheat on the drug test.

A diluted specimen, by definition, is a urine specimen that has a creatinine of greater than 5 mg/dl or less than 20 g/dl and specific gravity is less than 1.0010 (or greater than 1.0200). These two tests are routinely performed on every urine sample that is tested at the lab. If the specimen meets the above 2 criteria, it is reported as a "Diluted specimen". When a urine specimen is "diluted," it is possible that drugs in the system may not be detected, but it would be considered an altered test. At times, the drugs can still be detected even in a diluted sample.

You do need to be able to produce normal human urine with the appropriate creatinine and specific gravity levels. Failure to do this may be suspicious.

\*Information researched by Yavapai County Adult Probation and National Drug Screening, Inc.