

American Drug Testing

Drug-Free Workplace Programs

Volume 1

Issue 85

(843) 747-4111

DRUG-FREE WORKPLACE ADVISOR

AN ONGOING SERIES TO PROTECT YOUR COMPANY BY HELPING TO KEEP DRUGS OUT OF YOUR WORKPLACE.

The Challenge of Dilute Specimens, Part I

Dilution is the process of reducing the concentration of drug or drug metabolites in the sample. This is accomplished by adding fluid to the sample or by drinking large amounts of fluid to dilute the specimen, called "internal dilution." If the amount of the natural substance creatinine in the urine is abnormally low, internal dilution may be the cause. Drug testing laboratories all routinely test samples to detect dilution.



Dilution should not be confused with adulteration, where chemical adulterants are directly added to a urine specimen. Many products intended for oral consumption and claiming to

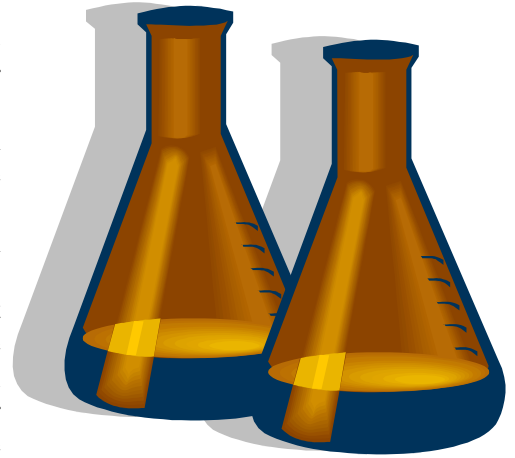
help "rid the body of toxins" are sold over the Internet. Although these "body cleansing" products may claim to "rid the body of toxins" (i.e. help beat the drug tests), they appear to

"... Dilution should not be confused with adulteration, where chemical adulterants are directly added to a urine specimen."

be effective only because of the large amounts of water the user is instructed to consume with the teas or powders. Consumption of excess fluids is the most effective way to dramatically increase urine production rates and produce dilute urine specimens.

A dilute specimen can be caused by 2 circumstances. The first is very rare, and would be caused by an individual diluting the urine with water, or other liquid, by actually pouring it into the specimen at the time of collection. The second method of obtaining a dilute specimen is by consuming too many liquids, especially

liquids that contain diuretics, prior to collection (ie coffee, soda pop, medications, etc). This may be inadvertent or may be on purpose on the part of the donor. In order to obtain a specimen that is not dilute, have the individual void after waking in the morning and drink 2, 8oz glasses of orange juice (no coffee, pop, etc).



tice, this will help prevent false negative results. However, the employer

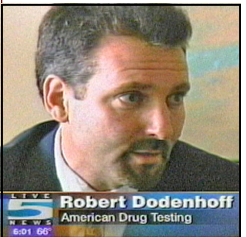
may also elect to accept the negative results with the notation "dilute" from the lab. The company policy should be consistent in all cases.

American Drug Testing can provide sample language for your company's policy on dilute specimens. Contact robert@americandrugtesting.net or call 843-747-4111 for additional assistance.

Next issue: DOT dilute specimens

adulterants are directly added to a urine specimen. Many products intended for oral consumption and claiming to

The Drug-Free Workplace Advisor is published by



American Drug Testing, a leading drug-free workplace administrator and testing

company. Let us help you maintain a drug-free workplace. Call (843) 747-4111. © 2006 American Drug Testing

NON-DOT TESTING

A dilute specimen, by definition, is a urine specimen that has a creatinine of less than 20 g/dl and a specific gravity of 1.003 or less. These 2 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 "Dilute specimen". When a urine specimen is "dilute", it is possible that drugs in their system may not be detected. American Drug Testing recommends that an employer have a section in their drug testing policy stating that another specimen be collected as soon as possible with minimum advance no-

Distribution List

- _____ HR
- _____ Management
- _____ Office Staff
- _____ Manufacturing
- _____ Transportation
- _____
- _____