



COMPLIANCE DILUTE SPECIMAN POLICY

Urine specimens that have a creatinine level below 20mg/dl and a specific gravity less than 1.0030 are considered Dilute. What that means is that there is so much excess water in the specimen that it no longer tests as human urine. All human urine contains a protein called creatinine. This protein comes from the normal physiologic breakdown of muscle tissue and is always present. If a specimen has no creatinine in it, it isn't urine. Dilute specimens are not acceptable as normal negative urine screens.

There are several circumstances that can cause dilution of urine specimens. Most of them are easy to avoid. There are several strategies that can be used on the day of testing to avoid dilute specimens.

- 1) Log in or call in early and test early in the day. (if you work nights, and your day begins at an irregular time, just follow the tips from when you wake up)
- 2) Don't ingest any diuretics before going to test. Common diuretics include: coffee, soda, tea, furosemide, hydrochlorothiazide/HCTZ, spironolactone, Lasix pms medications like Pamprin, or any product that decreases bloating or increases urination. (NOTE: We are not saying that you shouldn't take these medications, just to take them following your random test, and not before.)
- 3) Void your kidneys when you first get up, if you are thirsty then drink one or two 8 oz glasses of orange juice, but nothing more prior to testing.
- 4) **Do not** drink large amounts of fluid prior to giving your urine sample.

There are some serious Medical conditions that cause dilute urine. They are: Diabetes Insipidus and Hyponatremia. If you have been diagnosed with one of these disorders and are being treated by a physician, we will need clear legible documentation from your physician concerning you and your treatment. If you are unable to produce normal undiluted urine due to a diagnosed medical condition, you will be asked to substitute hair strand or nail clippings instead.