



Toxicology Topics

Preventing the “Dilute” Specimen

Periodically in anticipation of providing a urine specimen for a urine drug screen a donor may drink an excessive amount of liquid prior to arriving at the collection site to ensure they will be able to provide the required specimen.

In some cases this may result in over-hydration of the individual and the production of a "dilute" specimen. A dilute specimen is generally defined as a specimen that fails to meet a minimum concentration as determined by measurement of urine creatinine and specific gravity. A specimen that is determined to be "dilute" is not acceptable for evaluation for drug use and must be re-collected.

To avoid submitting a “dilute” urine sample, the following action is suggested:

- (1) When possible provide the specimen in the morning. (Afternoon specimens tend to be more dilute than a morning specimen)
- (2) If you feel it is necessary to “prime the pump” by drinking liquid prior to coming to the laboratory, limit the volume to 8-12 ounces, consumed an hour prior to providing the specimen.
- (3) Do not drink large amounts of water or other beverages (i.e., “Big Gulp”) prior to coming to the collection site.
- (4) Wait at the collection site until you feel the urge to urinate, before attempting to provide the urine specimen.

It is the responsibility of the donor to provide an adequate specimen as part of the process. Failure to provide an adequate specimen may result in this being considered a refusal to provide a specimen.