



PREPARING FOR YOUR DRUG TEST

Because a small percentage of individuals will try to pass their drug tests by adulteration, dilution or substitution, the collection facilities and laboratories have to take precautions to limit the possibility of accepting and testing a sample that might have in some way been “tampered” with.

Among these precautions are observing the temperature, color and odor of the sample at the time of the collection and specific chemical characteristics of the sample prior to testing at the laboratory. Unfortunately, on occasion, an individual with nothing to hide will provide a sample with observable characteristics that fall outside the range of normal. In these instances, the collection technician may decline the sample.

Please do not be embarrassed or upset as most often, the cause of the sample being declined will be from an individual who has consumed a great deal of fluids shortly before they arrive, with the expectation they can provide a sample on demand.

1. Schedule your test for first thing in the morning, and avoid urinating until you arrive at our facility. Limit your fluid intake in the morning to one cup of coffee or glass of juice, etc.
2. If you normally drink a lot of water or fluids throughout the day, limit your consumption of water to no more than 6 oz. every hour for the 4 to 6 hours prior to the test. Additionally, avoid any diuretic fluids or supplements like coffee, coke and medications, if you can do so without compromising your health.
3. Avoid using the restroom for 4 to 6 hours prior to arriving for your test.
4. Relax and try to arrive at a time when you would naturally have to void, not when you have to because you drank too much.
5. If you are unable to void, or had a sample declined, please do not be embarrassed. Depending upon your employer’s policy you may be asked to remain in our lobby until you are able to provide a good sample or you may be allowed to leave and return at a later time, when you will be able to provide another sample.
6. If you are currently in the middle of you menstrual cycle, rest assured it will not interfere with the testing.
7. If you have any questions, please don’t hesitate to contact our office.

www.integrityverifications.com

7155 Pearl Rd. • Cleveland, OH 44130 • Tel (440) 886-0900 • Fax (440) 545-1198
735 North Court St. • Medina, OH 44256 • Tel (330) 725-3866 • Fax (330) 725-7981
4635 Richmond Rd. • Warrensville Hts., OH 44146 • Tel (216)645-5576 • Fax (216) 245-6521
8224 Mentor Ave. • Mentor, OH 44060 • Tel (440) 290-5501 • Fax (440) 205-0985