VAULT HEALTH | WORKFORCE SCREENING

Tips to Avoid Dilute Urine Specimens

What is a dilute urine specimen, and why is it a problem?

When a urine specimen is "dilute," it means that there is too much water in the urine to guarantee an accurate result. A dilute specimen has creatinine and specific gravity levels that are below the acceptable range for the test.

In some cases, a dilute specimen can indicate that an individual may be trying to "cheat" by drinking too much water right before the test. But there are several innocent explanations as well, such as kidney problems, diuretic medication, and the need to stay hydrated for legitimate health reasons.

Tips to help you avoid giving a dilute urine specimen

1. Drink fluids as you normally do, especially once you get within three hours of your collection time.
2. Don't drink extra fluids to make sure you are able to provide a specimen.
3. Avoid caffeinated drinks and drinks high in sugar before collection.
4. If you're on diuretic medication, take your medicine after collection, if possible.
5. Arrive at the collection site as early in the day as you can.
6. Don't try to "hold it" before the collection – if you need to go, go.
7. Don't try to eat a high-protein diet on the day of collection – it won't help.
8. Don't take supplements containing creatine on the collection day – that won't help, either.

What happens if I can't provide a specimen at my collection time?

If you can't go once you get to the collection site, you'll be given 40 ounces of fluid, distributed over up to three hours, or until you have provided a sufficient urine specimen.

Any other tips?

For your own protection, make sure the collector documents all relevant events during your collection process.

If you have questions about dilute urine specimens, collection processes, or results, Vault Health is here to help. Contact our Workforce Solutions team at [add contact info].

Author | James L. Ferguson, DO, DFASAM
Vault Health
Recovery Management Solutions
Medical Director

vaulthealth.com
Monday-Friday 8am-5:30pm ET
(800) 732-3784 | workforce@vaulthealth.com