

Dilute Urine Policy

You must provide a urine sample when requested by DRC program. Urine samples must be deemed testable. This means the sample you provide must fall within the laboratory guidelines for what is considered normal urine levels. Creatinine is the substance that is used to determine this.

Classification

Creatinine is a metabolic by-product of muscle metabolism, and normally appears in urine in relatively constant quantities over a 24 hour period with "normal" liquid intake. Therefore, urine creatinine can be used as an indicator of urine water content or as a marker identifying a specimen as urine. Greater than normal intake of water will increase the urine water content (lowering the creatinine level) consequently diluting the amount of drug in urine. Conversely, a limited intake of water can lead to an abnormally concentrated urine specimen (as occurs with dehydration) resulting in elevated creatinine levels.

Interpretation of Results

Creatinine Concentration	Interpretation
<20 mg/dL	Dilute urine specimen: Most likely due to increased water or liquid intake. Can be a result of short-term water loading (flushing) in an attempt to dilute any drug below testing cut-off concentrations.
<2.0 mg/dL	Abnormally dilute: Specimen showing an excessively low creatinine value. May be an indication that the specimen is not consistent with normal human urine.

NOTE: The above values are based on the critical points that the Federal Department of Health and Human Services, Substance Abuse Mental Health Services Administration (SAMHSA) has set as decision points for interpreting dilute or substituted urine specimens.

Failure to Comply

Urine samples that have a Creatinine level of <20 mg/dL will be considered dilute. Dilute urines are not considered testable. Dilute urines may result in one or more of the following consequences:

1. Time on Phase 1 as deemed appropriate by the DRC Treatment Team
2. A sanction deemed appropriate by the DRC Treatment Team
3. Discharge from the program

Client Signature _____

Date _____

Staff Signature _____

Date _____