

Avoiding a Dilute Urine Specimen

Urine samples are called **DILUTE** if the creatinine is less than 20mg/dl. This number is somewhat arbitrary but was chosen because most people must consume significant amounts of water to produce a specimen with a creatinine lower than 20 mg/dl. It has been noted that small muscle mass, being female, and exercise (when followed by increased water consumption) have been associated with lower urine creatinine levels.

Dilute urine drug screens are of significance because this is the most popular, easiest and least expensive ways of cheating/ masking urine drug screens. Dilution is also the method by which many over the counter urine detox cleaners work.

Since dilute urines can be used to mask the use of drugs and/or alcohol, it is imperative to try to avoid them when testing for probation, court, or other legal situations. Here are some simple guidelines to avoid providing dilute urine.

- On your test day, avoid all diuretics, including caffeine and energy drinks, until after your test is completed.
- Go to the collection site earlier in the day when your bladder still contains more concentrated urine.
- If this isn't possible, try to empty your bladder approximately 2 hours prior to your planned arrival at the collection site, then hold it.
- During that time, you should NOT consume more than 20 oz of fluid. Any fluid you do consume should be a substantial fluid, such as milk, smoothie, tomato juice and/or eat a high protein meal or snack. (egg, cheese, meat)

Most court, probation, diversion and/or pre-trial service personnel consider dilute specimens as **positives**, so following these guidelines will help to reduce producing a dilute urine specimen and reduce the risk of further legal consequences.

If dilutes specimens persist, it may necessary to discuss a different method of testing and/or getting a physical health checkup to determine possible kidney dysfunction.