



## “DILUTE URINE SPECIMENS”

**FirstLab’s MRO department is frequently asked for advice on ways to avoid dilute specimens and for tips that programs can hand out to participants.**

### **Tips To Help Avoid Urine Specimen Dilution:**

1. Drink fluids as you normally do, no less and no more, especially in the 3 hours prior to the collection of your specimen.
2. Do not push fluids to try to make sure you are able to provide a specimen.
3. Avoid caffeinated fluids and fluids high in sugar before collection.
4. If medically feasible, take any diuretic medication only after collection.
5. Time your arrival at the collection site as early in your day as is possible. If you work the night shift, the early part of your day may be afternoon for most others.
6. If you need to void, do so. Do not try to hold it.
7. If you have voided, try to time your collection 2-4 hours later after consuming your usual amount of fluid.
8. A high protein diet on the day of collection will not help.
9. A supplement containing creatine will not help.
10. If you cannot provide a specimen at the collection site you will be given fluid to drink. Make arrangements with the collector to be able to provide your specimen between 30 and 45 minutes after you consume the fluid you are given, even though the collector will allow you up to a 3 hour period of time. The fluid you ingest will begin to dilute your specimen 30-45 minutes after you drink it.
11. Finally, for your own protection, make sure the collector documents any and all relevant events during your collection process.

However, as always, FirstLab MROs are available to provide consultative advice for questions on results.

***If you have questions or need additional clarification, please contact FirstLab at 1-800-732-3784***