



## “TIPS TO AVOID DILUTE URINE SPECIMENS”

**When both the creatinine and the specific gravity levels of a urine specimen are below acceptable range, the specimen is labelled as ‘dilute’**

*FSSolutions’ MRO Department is frequently asked for advice and tips that programs can provide to participants to help avoid dilute specimens.*

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

1. Drink fluids as you normally do, no less and no more, especially three 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 **after** collection.
5. Arrive at the collection site as early in your day as possible.
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 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 are unable to produce a specimen at the collection site, you will be given 40 ounces of fluid, distributed reasonably through a period of up to three hours, or until you have provided a sufficient urine specimen, whichever occurs first. The fluid you ingest will begin to dilute your specimen 30-45 minutes after you drink it, arrange with the collector to provide your specimen within that timeframe.
11. Finally, for your own protection, make sure the collector documents all relevant events during your collection process.

However, as always, FSSolutions MRO’s are available to provide consultative advice for questions on results.

***If you have questions or need additional clarification, please contact FSSolutions at 800-732-3784 or [info@fssolutions.com](mailto:info@fssolutions.com)***

#### Author

James L. Ferguson, DO, DFASAM  
FSSolutions Medical Director  
Recovery Management Solutions