



**STATE OF WASHINGTON
DEPARTMENT OF HEALTH**

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Avoiding a Dilute Urine

Urine samples are called **Abnormal** if the creatinine is less than 20mg/dl and **Dilute** if, in addition to the low creatinine, the specific gravity is <1.0030 and >1.0010 . Both abnormal and dilute screens are of significance. These numbers are somewhat arbitrary but were chosen because most subjects 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. Urine dilution is of interest only because consuming large amounts of water in order to dilute urine with hopes of having negative urine is a common method to avoid detection. Dilution is also the method by which most of the OTC urine cleaners work. The problem with assuming that dilute urine is always due to attempted cheating is that many individuals drink large amounts of water for health reasons or simply to “be prepared” to provide a urine sample. Since dilute urines can be used to mask using, it is imperative to follow up on them. As a participant providing a urine sample, you can follow some simple guidelines to avoid providing dilute urine. These are:

- Avoid all diuretics—including caffeine—the day of the selection until AFTER the collection is done.
- Go to the collection site while the first morning urine is still in your bladder to use this as the specimen.
- If this is NOT possible then you should empty your bladder approximately 2 hours prior to your planned arrival at the collection site.
- During that time, you should NOT consume more than 24 oz of fluid and the fluid you do consume should be a substantial fluid—milk, smoothie, tomato juice—and/or you eat a protein high meal or snack—egg, cheese, meat.

By following these guidelines, you will help to avoid dilute and abnormal urines and ensure that the result of your test provides a valid indicator of your sobriety.

Thank you,

WHPS Case Management Team