



# Department of Psychiatry OP Recovery Services

**Title:** Diluted Drug Screens

**Responsibility:** Treatment Providers of Multidisciplinary Team.

**Purpose of Guidelines:** To establish a process for addressing inconclusive or diluted drug screen results while in treatment programming.

**Procedure:**

1. Clients, who report medical reasons causing diluted samples, will need to provide documentation from their doctor that specifically states this. The clinician will work with the doctor to understand the condition and if there is anything that can be done by the client or by staff to avoid or decrease frequency of diluted samples.
  
2. The following steps should be taken when a dilute result is received:
  - Assess best time of day to obtain the most concentrated urine (first awakening and before fluids are consumed). Consideration for client's schedule of sleep will be used to determine the time for the client to be contacted to come in and provide sample. Client will be called in to provide samples at these times. It will be expected that clients arrive within an amount of time as specified by staff member calling. (Ex. Within 1 hour or ½ hour, considering the travel time required of client). When appropriate, staff will provide transportation in to speed up the time of arrival.
  - Increase in frequency of testing. Clients will be asked to provide a urine sample for a consecutive number of days deemed clinically appropriate by clinical team. Clients may also be asked to provide a second sample within the same treatment contact (example would be before and after group).
  - Breathalyzer testing will be utilized in addition to urinalysis for those with alcohol use disorder diagnoses or suspicion of alcohol usage.
  - Based on the client's substance of choice and testing ranges, the corresponding treatment team will identify the number of negative drug screens necessary to move to the next level of care.
  - Modification to the treatment plan may be considered
  - Clients will need to obtain negative drug screen results on every test for at least one month prior to being considered for successful discharge from AOD services

Resources: SAMHSA, National TASC- Best Practices in Drug Testing.

Approved by: Recovery Services Leadership T. Singh, MD 11/2019  
Revised/Reviewed: 12/2022