



INTEGRITY VERIFICATIONS, INC.

EMPLOYEE SCREENING · DRUG TESTING · FINGERPRINTING · POLYGRAPHS · LOSS PREVENTION

In an attempt to make this process less stressful and embarrassing, we have prepared this handout for your review so you will know how to prepare for the test and what to expect.

Upon arrival you will be asked to provide a picture ID (*drivers license, state ID, work ID, etc.*). You will also be provided with two forms to fill out that will ask you for some general personal information, a list of any medications you have used in the last 30 days, and a release so that we can send the results to your employer.

Because a small percentage of individuals will try to pass their drug tests by adulteration, dilution and substitution, the collection facilities and laboratories have to take precautions to limit the possibility of accepting and testing a sample that might have in some way been “tampered” with. Among these precautions are observing the temperature, color and odor of the sample at the time of the collection and specific chemical characteristics of the sample prior to testing at the laboratory. Unfortunately, on occasion, an individual with nothing to hide will provide a sample with observable characteristics that fall outside the range of normal. In these instances the collection technician may decline the sample. Please do not be embarrassed or upset as most often the declined sample will be from an individual who has consumed a great deal of fluids shortly before they arrive, with the expectation they can provide a sample on demand.

To reduce the possibility of any embarrassing and uncomfortable situations or inadvertently diluting your sample, we would recommend you take the following precautions:

1. Schedule your test for first thing in the morning, and avoid urinating until you arrive at our facility. Limit your fluid intake in the morning to one cup of coffee or glass of juice, etc.
2. If you normally drink a lot of water or fluids throughout the day, limit your consumption of water to no more than 6 oz. every hour for the 4 to 6 hours prior to the test. Additionally, avoid any diuretic fluids or supplements like coffee, coke and medications, if you can do so without compromising your health.
3. Avoid using the restroom for 4 to 6 hours prior to arriving for your test.
4. Relax and try to arrive at a time when you would naturally have to void, not when you have to because you drank too much.
5. If you are unable to void, or had a sample declined, please do not be embarrassed. Depending upon your employer’s policy you may be asked to remain in our lobby until you are able to provide a good sample or you may be allowed to leave and return at a later time, when you will be able to provide another sample.
6. If you are currently in the middle of your menstrual cycle, rest assured it will not interfere with the testing.
7. If you have any questions, please don’t hesitate to contact our office.