



Successful Tips for How to Avoid a Diluted or Adulterated Test

- Do not drink excessive amounts of fluid within two hours of providing a sample.
- As a general rule of thumb, you should not drink more than 32 ounces of fluid within two hours of providing a sample.
 - 7-11 Big Gulps contain 32 ounces of fluid
 - McDonald's large drinks contain 32 ounces of fluid
 - Starbuck's Iced Venti contains 24 ounces of fluid
- Allow your urine to naturally accumulate. The average person naturally creates about one milliliter of urine per minute. You only need to provide 30 milliliters of urine.
- Ingestion of excessive amounts of fluid can result in a diluted urine sample.
- Do not consume any performance enhancing supplements or diet supplements.
- Do not consume any substances not deemed for human consumption.
- Do not attempt to alter or substitute your urine specimen. During the collection and testing process any attempt to alter specimens will be detected and reported to the court.

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