

## EADC Urinalysis Testing Expectations

By initialing each item below and signing this document, I affirm that I am dedicated to recovery and success in the Drug Court Program and that I understand:

\_\_\_\_ Monitored abstinence is a key expectation of the drug court program. I must provide testable urine for analysis. This means samples must not be diluted (as indicated by low creatinine levels), altered or not my own.

\_\_\_\_ I will be tested for the presence of drugs and/or alcohol in my system on a random basis according to procedures established by the Drug Court Team. Urine will also be tested to determine if it is dilute or otherwise altered.

\_\_\_\_ I will be given a location and time to report for my drug test. It is my responsibility to report to the assigned location at the time given for the test.

\_\_\_\_ I understand that honesty is always the best policy and that if I believe the UA will be positive, dilute or altered, admitting to that before the test will almost always reduce the sanction or intervention I might otherwise receive.

\_\_\_\_ If I am late for a test, or miss a test, I will be sanctioned for a missed or late UA, and the sample may be considered as a positive test for drugs/alcohol.

\_\_\_\_ If I produce a dilute urine sample (creatinine at 20 mg/dL or below), or a sample with an abnormally high creatinine level indicating an attempt to alter the results (400 mg/dL and above) I will be sanctioned for not providing testable urine, and it may be considered as a positive test for drugs/alcohol. I have been informed that the ingestion of excessive amounts of fluids can result in a diluted urine sample and that certain supplements may intentionally or unintentionally result in an abnormally high creatinine level.

\_\_\_\_ Substituting or altering my specimen will be considered not only as a positive test for drugs/alcohol but also premeditated dishonesty. I will be strongly sanctioned and may be suspended from treatment and/or suspended or terminated from the drug court program.

\_\_\_\_ Before I consume any vitamins, supplements or over the counter medications, I will get advice from my treatment provider.

\_\_\_\_ Consumption of "energy drinks" is against Drug Court rules not only because it may affect UA results but also because it may affect my behavior and health and impair my recovery. Examples of energy drinks are listed on the reverse of this form.

\_\_\_\_\_  
Date

\_\_\_\_\_  
Drug Court Participant

\_\_\_\_\_  
Drug Court Team Member

This list of energy drinks is not comprehensive but includes some of the well-known brands. It is important to note that energy drinks have been associated with a number of side effects. The excess of caffeine intake can cause nervousness, irritability, sleeplessness, increased urination (dilutes), abnormal heart rhythms, and stomach upset. Moreover ingredients like the stimulant ephedrine can cause heart problems.

5-hour 180 AMP energy Bawls Beaver Buzz Blood Energy Potion Blue Energy Blue Ox CRUNK Doubleshot	EVO Smart Formula Energy+ Flying Power Fuel 7 Hour Energy Shot FRS Full Throttle Go Girl HELL Energy Drink Lost Lucozade	Jolt Mountain Dew MDX No Fear NOS Monster Pepsi Max Red Bull Red Thunder Rip It Rockstar RUSHH	SoBe Power Shark Venom Venom Energy Verve Von Dutch Wicked XO – Citrus XS Energy Drink
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