



Urinary Drug Screening (UAs) Policy and Procedure

Revised 04.17.16

Ark Counseling is an abstinence-based program that is licensed by the MN Department of Human Services to provide clinical services to adults who have chemical use problems. Ark is an outcomes-based program which means the successful completion of your treatment requires you to be in “early remission” i.e., without any symptoms (except cravings) for a minimum of 12 consecutive weeks. In part, this is determined by means of urine drug screens.

In addition, many clients are at Ark because of legal-type problems. They have chosen to participate in treatment rather than be imprisoned or by having restrictions imposed on visiting their children. One of their conditions of release is **No Chemical Use**. Violating this agreement may result in the revocation of the conditional release, incarceration, further restriction on child visitation rights.

Ark periodically requires all clients to provide urine samples, for testing. **A urine sample may be requested at any time, and day, and without advance notice.** At times it is necessary for a counselor to observe you actually giving a urine sample. A refusal or your inability to comply cheerfully and promptly with a UA request is the same as a positive UA.

It’s your responsibility to avoid exposure to **any** product/substance that may interfere with accurate urine testing or that may produce a positive test. This means it is your responsibility to read product labels and to know what is contained in the products you use and to inspect these items **BEFORE** you use them. When in doubt, don’t use, consume, apply, or breathe anything that might contaminate your urine. Always talk with your counselor if you have a question. A **“positive” UA is always positive UA.**

Prescription Medications

If you have a lawful and valid prescription from a physician, it is your responsibility to promptly report each medication to the intake coordinator or to your counselor. You must also alert your counselor to any changes in your prescription.

Your health insurer requires that your therapist coordinate your care with the prescriber of your medical or mental health medications. To participate in Ark’s programs, you are required to sign a valid release so your care can be coordinated. In addition, if you are prescribed anticraving medications such as Methadone or Suboxone your therapist is legally required to report any time your urine is positive for opioids.

Over-the-Counter Medications

Many over-the-counter medications and nutrition supplements contain substances that will result in a positive urine test. Many preparations use alcohol or alcohol-like substances. Terms used to describe alcohol products include, but are not limited to: denatured alcohol, SD alcohol, ethanol, ethyl alcohol. Mouthwash often contains alcohol. Many hand lotions, hand sanitizers, and solvents contain alcohol-like chemicals that is absorbed through your skin. Many products are available that are “alcohol-free”. With reasonable caution it is rare for “incidental” alcohol exposure to cause a positive test. Choose wisely—alcohol by-products are present in your urine for several days following consumption.

Over-the-counter medications that contain pseudoephedrine or ephedrine will result in a positive test for amphetamines.

Food and Other Consumable Products

Ginko Biloba liquid, flavorings (such as vanilla or almond extract) may contain alcohol-like chemicals. Some desserts, especially flamed desserts, are prepared with large amounts of alcohol. Chocolates containing liquid filling often contain alcohol. Coffee flavorings if used to excess may produce a positive test. Some churches use wine or fortified wine for communion—this may produce a positive test. All of these foods and products should be avoided. Poppy seeds, in any amount, may result in a positive test for opioids.

Vapors and Aerosols

Avoid breathing fumes of products that contain alcohol and other volatile solvents. Such products include, but are not limited to: perfumes, colognes, bug sprays, cleaning fluids, painting and refinishing chemicals, gasoline, aerosol sprays. Research has consistently demonstrated that being in a small closed space with smoking cannabis will not result in a positive UA.

Non-alcohol Beer and Wine

Non-alcoholic beer and malted beverages such as O’Douls and Sharps contain a small amount of alcohol. One can/bottle may result in a positive test. In addition, in research studies, the mere smell of these beverages may trigger urges and craving in a sub-set of the population that has chemical use problems.

Client Name: _____ Chart Number: _____ DOB: _____

Client Signature and Date

Team Member Signature