Drug Screen Information

All applicants to the MSNA, MSN, DNP, and RN to BS programs must submit results of a 10-panel drug screen. The process may take up to four weeks so please allow adequate time for the results to reach our institution by the application deadline. Have the results of the drug screen sent directly to Westminster College electronically or by mail:

Westminster College School of Nursing & Health Sciences 1840 South 1300 East Salt Lake City, UT 84105

Suggested labs in the Salt Lake area:

<table>
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<tr>
<th>Company</th>
<th>Address</th>
<th>Phone</th>
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<tbody>
<tr>
<td>Salt Lake WorkMed</td>
<td>1685 West 2200 South, SLC, UT 84119</td>
<td>801-972-8850</td>
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<tr>
<td>Murray WorkMed</td>
<td>201 East 5900 South #100, Murray, UT 84123</td>
<td>801-288-4900</td>
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*Please check with the location for hours and cost.

If you live outside of Utah, you may go to a lab in your state and have the results sent directly to the appropriate contact below. If you have any questions, please contact:

**RN to BS**
Allison James-Garcia
ajames-garcia@westminstercollege.edu
801-832-3404

**MSNA, MSN, DNP**
Kait Brown
kbrown@westminstercollege.edu
801-832-2159
Drug Testing and How to Avoid a Dilute Urine

Urine samples for drug testing are called abnormal if the creatinine is less than 20mg/dl and dilute if, in addition to the low creatinine, the specific gravity is <1.0030 and> 1.0010. Both abnormal and dilute screens are of significance. These numbers are somewhat arbitrary but were chosen because most people consume significant amounts of water to produce a specimen with a creatinine lower than 20 mg/dl. It has been noted that small muscle mass, being female, and exercise (when followed by increased water consumption) have been associated with lower urine creatinine levels.

In order to provide an adequate urine sample, please follow these simple guidelines to avoid providing dilute urine. These guidelines are:

- Avoid all diuretics—including caffeine—the day of the selection until AFTER the collection is done
- Go to the collection site while the first morning urine is still in your bladder to use this as the specimen
- If this is NOT possible than you should empty your bladder approximately 2 hours prior to your planned arrival at the collection site
- During that time, you should NOT consume more than 24 oz. of fluid and the fluid you do consume should be a substantial fluid-milk, smoothie, tomato juice and/or you eat a protein high meal or snack of egg, cheese, or meat

By following these guidelines, you will help to avoid dilute and abnormal urines and ensure that the result of your test provides a valid indicator.