****

**Drug Test Preparation**

Quality Connection’s Substance Abuse program serves the union electrical construction industry and meets the needs of IBEW #481, NECA and the employee to help ensure a safe, drug-free workforce.

**When you are ready to test please make sure you:**

1. **allow adequate time to test and**
2. **do not provide a diluted urine specimen.**

**Both of these could result in repeat testing at your expense.**

**To help avoid a diluted specimen:**

1. Consume no fluids after 9:00 p.m. the night before your collection.
2. Limit fluid intake to a minimum the day of your collection. The following examples should be used as guidelines. You are asked to use your best judgment.

For morning test: limit your fluid intake to a maximum of 16 oz. of fluid.

OR

For later day test: limit your fluid intake to no more than 36 oz. within any 3-hour period.

If the laboratory determines you provided a diluted specimen, you will be required to be recollected. You will be responsible to pay for the recollection. If your result is negative, Quality Connection will reimburse you for the cost of the recollection.

**Be aware of the collection site’s closing time:**

1. You need to arrive 30 minutes prior to the specific collection site’s closing time.
2. If you begin the testing process, you are required to finish the process by providing a sufficient urine specimen within 2 hours of your start time or by the time the facility closes, whichever is soonest.
3. If you fail to finish the process within this timeframe, it will be considered a refusal to test which has the same consequences as a positive test result.

Please see Quality Connection’s website or the Substance Abuse Program booklet for complete program information.

**Questions regarding Drug Testing/Certification Cards  
Quality Connection Julia Saltsgaver 317.931.3611**  
1828 N. Meridian Street, Suite 115, Indianapolis, IN 46202

**Midwest Toxicology Services Joel DeJesus / Patti Quillin 317.269-3003**  
603 East Washington Street, Suite 200 , Indianapolis, IN 46204  
  
**Questions regarding Employee Assistance Program  
IU Health Methodist Hospital Karen Owen or any MAP counselor 317.962.2622, Ext. 2**1701 N Senate Ave, Room WH442, Indianapolis, IN 46202