

BCRC RANDOM, PRE-EMP, & POST-ACC TESTING SITES



STRIVING TO BE DRUG FREE FOR A SAFE INDUSTRY



THINGS TO REMEMBER WHEN TAKING A BCRC RANDOM

- Do **NOT** leave the waiting area once you have signed in.
 - *Leaving the waiting area, other than with the collector, will result in a walk-out, also known as a strike/non-compliant event.*
- Bring a photo ID and a full bladder, ready to leave a specimen.
- You will need to provide a specimen of 45mL (approx. 1.5 oz).
- Verify all your information is documented correctly on the integrity seal and Custody and Control Form.
 - *Save the copy of your Custody and Control Form as your receipt.*
- Arrive 1-2 hours prior to the collection sites closing time to avoid being turned away.

HOW TO AVOID A DILUTE SPECIMEN

Per the BCRC Policy, a diluted specimen will require an observed re-test within 48 hours of the dilute being reported to BCRC. A 2nd diluted specimen, without a valid medical reason will be a non-compliant event.

- Go test first thing in the morning.
- Be careful not to overconsume fluids prior to your drug test. An extra glass of water is about all you need. If you drink too many fluids, then you will more than likely end up with a diluted specimen.
- Eat an hour before you test, a high protein meal or snack – egg, cheese, meat.
- Eat and drink more citrus fruits or juices. These foods are rich in Vitamin C, which helps your body produce more concentrated urine.

BCRC strives to provide our members with the most up-to-date copy of the BCRC collection site listing, however, changes may occur. To ensure you have the most up-to-date copy, scan this QR Code, or visit www.BCRCNET.com > [Random Testing Sites](#)



To scan this code, you can use a QR scanner app on your phone, or some camera apps.

Promoting the Safety and Well-Being of Employees in the Workplace

Building & Construction Resource Center, Inc. • 6050 Southport Rd. Ste. B • Portage, IN 46368

☎ Office: 219.764.9500 ✉ info@bcrnet.com ➡ www.bcrnet.com

