



When coming in for an occupational drug test, there are a few things you should keep in mind. The requirements for the test may vary depending on the employer and the type of job you are applying for. However, here are some general guidelines to follow:

1. Be prepared to provide a urine or oral sample:

When providing a urine sample, you will be required to provide a freshly voided urine sample. The urine sample collected will be checked for unexpected temperature, unexpected volume, unusual colour, unusual odour, presence of foreign objects or material, tampering, adulteration, or substitution. If any of the above are found, you will need to provide a second urine sample or, possibly, undertake an observed collection.

When providing an oral sample, do not drink or eat anything 15 minutes prior to the test, including gum and cigarettes.

2. Bring a government-issued ID:

You will need to bring a valid government-issued ID, such as a driver's license, passport, or military ID.

3. Empty your pockets and remove outer garments:

You will be asked to empty your pockets, remove any outer garments (such as a jacket or coat), and leave your briefcase, purse, or bag behind.

4. Wash your hands:

You will be asked to wash your hands before providing the sample.

5. Avoid certain medications and substances:

Some medications and substances can affect the results of a drug test. You should avoid these for at least 24 hours before the test. If you are taking any prescription medications, you should inform the testing facility beforehand.

Please note that these are general guidelines, and the requirements for a drug test may vary depending on the employer and the type of job you are applying for. It is always a good idea to check with the testing facility or your employer beforehand to ensure you are fully prepared.