

DRUGS AND OVER THE COUNTER MEDICATIONS

- The Client will not use alcohol or illegal drugs, including medications prescribed to others.
- The Client will not use prescription drugs without a valid prescription and must disclose to the supervising Program prior to taking any medication(s).
- The Client must disclose all over the counter medications that the Client takes prior to taking the medication(s).
- The Client **will not consume** products containing poppy seeds, diet pills, protein powder, energy drinks or any substance that is designed to have an effect on their urinalysis.
- The Client is also **prohibited from consuming** synthetic cannabis, such as SPICE, DREAM, or any form of herbal smoking blends including but not limited to products containing Delta-8, Delta-10.
- The Client is additionally **prohibited from consuming** products containing Kratom and Tianeptine.

APPROVED MEDICATIONS

Any Antibiotic

Pain Relievers

- Ibuprofen (Advil, Motrin, etc.)
- Naproxen (Aleve, Naprosyn, etc.)
- Aspirin
- Tylenol
- Excedrin

Antihistamines

- Claritin
- Clarinex
- Allegra
- Zyrtec

Prescription Pain Relievers

- Imitrex
- Maxait
- Celebrex
- Arthrotec
- Neurontin
- Lyrica
- Mobic
- Toradol

Muscle Relaxers

- Robaxin
- Skelaxin
- Norflex
- Baclofen
- Zanaflex

DO NOT TAKE

- Nyquil (or any medication containing alcohol)
- Tylenol PM, Excedrin PM, etc.
- Benadryl
- Any over the counter sleeping pills
- Coricidin
- Dexamethorphan (cough suppressant)
- Pseudoephedrine (for example, Sudafed)

This is not an exhaustive list. New drugs hit the market daily. Unless the drug appears on the DRUGS THAT CAN BE TAKEN list, you should always check with your supervising program before taking any medication. REMEMBER! When in doubt, do not use, consume, or apply.

I have read and understand my responsibilities detailed above.

I UNDERSTAND THAT I MUST PROVIDE AT LEAST HALF (1/2) OF A CUP OF URINE SO A CONFIRMATION TEST CAN BE DONE IF REQUESTED BY ME (I understand I must remain at the lab until I can provide a half of a cup of urine and that if I arrive within 15 minutes of closing time, I will only be allowed one attempt).

Participant

Date