

## URINE ABSTINENCE TESTING AND INCIDENTAL DRUGS OF ABUSE EXPOSURE CONTRACT

Because the urine tests used for drugs of abuse testing are very sensitive, consumption of certain products can result in positive screens. In order to preserve the integrity of the testing program, it is necessary to restrict and/or advise persons scheduled for random tests regarding the use of certain products.

It is difficult to remember which drugs to avoid and so this list of medications has been prepared for you...what you can take and what you must avoid. You have to take responsibility for all drug use because not every physician, pharmacist, or dentist knows about the court-ordered testing requirement you are under. If you have a particular problem, be sure and discuss it with your Probation Officer. No drug of any kind is to be taken without providing proof to your Probation Officer. When you show up for testing you must always note on the paperwork you sign any prescription or over-the-counter medications you have taken.

LET YOUR PHYSICIANS, DENTISTS, PHARMICISTS, AND ALL OTHER PERSONS THAT WILL BE INVOLVED IN YOUR RECEIVING MEDICATIONS KNOW THAT YOU ARE RANDOMLY TESTED FOR DRUGS OF ABUSE. **THIS IS EXTREMELY IMPORTANT AS A POSITIVE TEST WILL BE A VIOLATION OF YOUR PROBATION AND WILL RESULT IN YOUR INCARCERATION.**

**DRUGS THAT CAN BE TAKEN** *Do not use any amount beyond what is recommended.*

Advil (OTC)	Aleve	Aspirin	Clinoril
Clinoril (Rx)	Feldene (Rx)	Ibuprofen	Meclofen (Rx)
Tylenol (OTC)	Motrin	Nalfon	Naproxen
Toradol	Tessalon Perles		

**Antihistamines that CAN be taken:**

Actifed	Afrin	Alka-Seltzer Plus	Allerest	Benadryl
Comhist	Teldrin	Coricidin HBP	Triaminic	Polarmine
Dramamine	Dimetapp	Ornade		

**The following are newer antihistamines and are safer:**

**Claritin      Hismonal      Seldane      Zyrtec      Allegra**

## COUGH AND COLD

(take only as directed)

Mucinex  
Sudafed PE (Phnylephrine HCL)  
Tylenol Cold

Theraflu  
Alkaseltzer Cold  
Advil Cold

## STOMACH/ANTACIDS

(take only as directed)

Tums	Pepcid
Rolaids	Maalox/Mylanta
Tagament	Imodium AD
Pepto Bismol	

It is **YOUR** responsibility to limit your exposure to the products and substances detailed below. It is **YOUR** responsibility to read product labels, to know what is contained in the products you use and consume and to stop and inspect these products **BEFORE** you use them. ***Use of the products detailed below in violation of this contract will NOT be allowed as an excuse for a positive test result. When in doubt...***

## **DO NOT USE, CONSUME OR APPLY**

## **DRUGS THAT ARE NOT TO BE TAKEN**

### SLEEPING AIDS AND TRANQUILIZERS

Ambien	Ativan	Centrax	Compazine
Dalmane	Deprol	Equanil or Meproamate	Halcion
Limbitrol	Miltown	Milpath	Restoril
Serax	Valium	Vistaril, Atarax	Xanax
Klonopin	Lunesta		

### ANALGESICS

Darvocet N-100	Darvon Cpds.	Darvon	Equagesic
Fiorinal	Norflex	Norgesic	Parafon Forte
Robaxin	Robaxisal	Soma	Talwin
Wygesic	Ultram		

### BARBITURATES

Amytal Na.	Brevital	Butabarbital	Butisol Na.	Donnatal	Eskobarb
Luminal	Mebaral	Nembutal	Pentothal	Phenobarbital	
Seconal	Surital	Tuinal			

## **DRUGS THAT ARE NOT TO BE TAKEN (CONTINUED)**

### **ALCOHOL**

After Shave Lotion	Extracts (Lemon, etc.)	Hair Tonics	Medical Alcohol
Mouth Wash	Perfumes	Sterno	Wood Alcohol

### **OTC-OVER THE COUNTER**

OTC caffeine preparations---Nodoz, Vivarin, etc.

OTC diet aids---Dexatrim, etc.

OTC antihistamines---Dristan, Contac, Sominex, Nytol, Nyquil, etc.

OTC decongestant- Dexamethorphan (DM)

### **ANTICHOLINERGICS/ANTISPASMODICS**

Atropine	Belladonna & derivatives	Donnatal	Hyosine
Kinesed	Levsin with Pb.	Librax	Pathibarnate
Pro-banthine	Scopolamine	Valpin	

### **MINOR TRANQUILIZERS**

Ativan	Equinal	Librax	Libritabs	Librium	Meproamate
Milpath	Miltown	Pathibamate	Paxipam	Serax	Trancopal
Tranxene	Valium	Versed	Vesprin	Xanax	Klonopin (clonazepam)

### **NON-AMPHETAMINES STIMULANTS**

Adipex-P	Appedrine	Bontril	Control	Dexatrim	Efed 11	Fastin
Ionamin	Mazanor	Melfat	No-Doz	Plegine	Pondimin	Prela-2
Preludin	Prolamine	Ritalin	Sanorex	Tenuate		

### **SEDATIVES**

Amytal	Carbital	Chloral Hytrate	Doriden	Methaqualone
Nembutal	Noctec	Noludar	Parest	Placidyl
Quaalude	Seconal	Sodium Phenobarbital	Sodium Luminal	Sopor Veronal

### **STIMULANTS**

Benzadrine	Cylert	Desbutal	Desoxyn	Dexadrine	Dexamyl
Dexaspan	Didrex	Eskatrol	Fastin	Ionamin	Methadrine
Methamphetamine		Preludin, Prelu-2		Vyvanse	Adderall

## **DRUGS THAT ARE NOT TO BE TAKEN (CONTINUED)**

### **NARCOTICS/OPIATES/OPIOIDS**

A.P.C. w/Demerol	B & O Supp.	Bancap HC	Cocaine	Codeine
Damason –P	Darvon	Darvocet	Demerol	Dilaudid
Dolophine	Dolene	Empirin #1,2,3,4	Empracet	
Fentanyl-Sublimaze	Fiorinal #1,2,3,4	Heroin	Hy-Phen	Hycodan
Hydrocodone	Innovar Inj.	Levo-Dromoran	Leritine	Lomotil
Lorcet	Lortab	Mepergan Forte	Methadone	Morphine
Nubain	Numorphan	Oxycodon	Pantopan	Paregoric
Pentazocine	Perco bars	Percocet	Percodan	
Phenaphen #1,2,3,4	Phenzocine	Propoxyphene Hd	Roxicet	Roxicodone
Soma Cpd.	Stadol	Sublimaze	Synalgos-D	Talacin C
Talwin	Tic. Opium	Tylenol #1,2,3,4	Tussionex	Tylox
Ultram	Vicodin	Zydone	Zohydro	
Oxymorphone	Suboxone (Buprenorphine)			

### **BROMIDES**

Bromo-quinine	Miles Nervine
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### **COUGH SYRUPS** Those containing:

Codeine	Hycodan	Hydrocodone	Oxycodone	Tussionex
Dextromethorphan				

### **HYPNOTIC/SEDATIVES**(*sleeping pills*)

Alurate	Ativan	B.A.C.	Butalbital	Butisol	Carbital
Chloral Hydrate		Compoz (OTC)		Dalmane	Doridan
Halcion	Nembutal	Noludar	Nytol (OTC)	Phenobarbital	Paraldehyde
Quaalude	Restoril	Seco Barbital		Sleepeze (OTC)	

### **HALLUCINOGENS**

Butotenine (Dimethylserotonin)	DET (Diethyltryptamine)	“68”	DMT
Hashies	Hashish	Ibogaine	LSD (Lysergic acid, Diethylamide, Acid)
Marijuana (THC)	Mescaline	Psilocybin	Peyote
“STP” or “DOM” (4-methyl-2, 5, Demethoxyamphetamine)		Ketamine	Psilocin

### **VOLATILE SUBSTANCES/ANESTHETICS-INHALANTS**

Anesthetics	Amyl/butyl Nitrate	Banana Oil	Fluothane
Freon	Gasoline	Glue	Nitrous Oxide
Paint Thinners	Panthrane	Pentothane	Surital
Trilene			

## **DRUGS THAT ARE *NOT* TO BE TAKEN (CONTINUED)**

### **SYNTHETICS**

Synthetic Cannabinoids- synthetic marijuana, “K2”, or “Spice”

Synthetic Cathinones- methylenedioxypyrovalerone (MPV), mephedrone, ketamine, and methylone. “Bath salts,” “molly,” “glass cleaner,” or “plant food”

### **FOOD AND OTHER INGESTIBLE PRODUCTS**

Poppy Seeds (Do not ingest anything containing poppy seeds)

Sure-Jell (Pectin)

Kratom

E-cigarettes or vaporizer pens

Kava Kava

CBD Oil

Phenibut

### **SUPPLEMENTS**

Supplements including herbal, pre-workout, protein, creatine, etc. will not be approved to take while on Probation. Supplements may interfere with testing and will be subject to confirmation testing at your own expense. If you take any supplements while on probation it is at your own risk.

This is not an exhaustive list. There are numerous drugs hitting the market daily. Unless the drug is listed on the DRUGS THAT **CAN** BE TAKEN list, before ingesting any drugs notify your Probation Officer. Be sure to indicate on your paperwork when testing **ALL** drugs, prescription or over-the counter medications that you have consumed.

***Remember! When in doubt, don't use, consume or apply.***

**I HAVE READ AND UNDERSTAND MY RESPONSIBILITIES; MY SIGNATURE IMPLIES MY CONSENT:**

\_\_\_\_\_  
PARTICIPANT SIGNATURE

\_\_\_\_\_  
DATE

\_\_\_\_\_  
Print Name of Participant

\_\_\_\_\_  
WITNESS

\_\_\_\_\_  
DATE