

Vermont Office of Professional Regulation
Random Drug and Alcohol Testing with FSSolutions

- To register with FSSolutions, contact the Service Coordination Team at RMS@fssolutions.com or by calling 833-476-1173.
- FSSolutions' website is fssolutions.com. A mobile app (FSSolutions RMS) is available for free download to your mobile device. You can use the mobile app for a number of functions, including your daily check-in and history, location of the nearest collection sites, and to record and submit your recovery group meetings. When checking in to find out if you are selected for testing, always be sure you are logged in for the current date. You can send yourself an e-mail with the confirmation number for your check-in on that date.
- Once you are registered with FSSolutions, you are required to check in daily by phone or internet.
- When you are selected for a collection, you must submit a sample on the same calendar day. FSSolutions will notify you of the test panel. You must have a Chain of Custody Form or an oral fluid collection kit, provided by FSSolutions. Contact FSSolutions if you have problems with the collection site or with scheduling the online observed collection. If you are unable to submit a sample on the selected day for any reason, you must contact your OPR Case Manager within 24 hours and send a written explanation by mail or email. The Case Manager will schedule an additional test.
- It is your responsibility to ensure that your sample collections are observed at a collection site or online.
- If you are planning travel away from your regular collection site or if you know that you will be unable to test for a period of time, contact your OPR Case Manager at least 14 days in advance. If it is an emergency and a 14-day notice is not possible, contact your OPR Case Manager as soon as possible.
- FSSolutions reports will be available online to the OPR Case Manager.

Testing for Alcohol

Your Board Order or Contract requires that you abstain from alcohol and that the random test results must be negative. It is your responsibility to avoid consumption, use, or exposure to products that may contain alcohol. These products may result in a positive result for metabolites of alcohol. Before using or consuming a product, review the ingredients and avoid consumption or use if the product may contain alcohol. When in doubt, do not use or consume the product.

Products that may contain alcohol include:

Hygiene products and hand sanitizers: Avoid use of mouthwash and breath cleansing products that contain alcohol. Avoid excessive use or inhalation of hand gels/sanitizers, aftershave, cologne, hair spray/mousse, skin products, bug sprays, etc. that may contain alcohol.

Medications and naturopathic/homeopathic remedies: Many liquid medications, tinctures, or remedies contain alcohol. If you must use a medication or remedy containing alcohol, obtain a prescription from an authorized prescriber and notify your case manager.

Non-alcohol beer and wine: These products do contain alcohol and may result in a positive test. Do not consume these products.

Foods and other beverages: Foods and drinks made with flavoring extracts, wine, or liquor may contain alcohol. Communion wine may contain alcohol. Avoid any food or drink that you suspect may contain alcohol.

Other products producing alcohol fumes or vapors: Avoid excessive inhalation of vapors from solvents, lacquers, and other industrial or home products that may contain alcohol.

Testing for Marijuana (THC)

Your test results must be negative for tetrahydrocannabinol (THC). Use of cannabidiol (CBD) in any form may cause the THC test to be positive, because CBD products may contain small amounts of THC.

Products containing CBD are widely available. It is your responsibility to comply with the conditions of your Board Order or Contract. You are advised to carefully check the ingredients of products before you use them.

Frequency and Types of Tests

Testing dates are randomly determined and may occur any day of the week. It is possible to be randomly selected on two consecutive days.

The frequency of your testing may increase or decrease over time. A solid record of compliance with testing, along with test results that are consistently negative, may lead to decreased testing frequency. However, the frequency of testing may increase or you may be required to submit a different type of sample if you miss a scheduled test or if a test is positive for alcohol metabolites or a drug that is not prescribed for you.

A negative test result may not be reliable if a urine sample is dilute or measures low in creatinine. Dilution is measured by low creatinine level and specific gravity of the sample. Your Case Manager will alert you if this occurs. A pattern of dilute or low creatinine tests may result in increased testing frequency, additional testing on previously tested samples, or testing of alternate specimens, such as hair or nail samples. Since additional testing or testing of alternate specimens will substantially increase the fees billed to you, it is to your advantage to avoid dilution by avoiding consumption of large amounts of fluid prior to testing. Submitting a sample early in the day may be helpful in avoiding dilute samples.

The Office of Professional Regulation is aware of the burden of random testing, both in financial expense and disruption of your daily work and routines. Random testing is required because it is the only objective process available for monitoring abstinence from alcohol and non-prescribed drugs. The purpose is to protect the public.

If you are experiencing difficulties or concerns related to random testing, you may contact your OPR Case Manager and/or our FSSolutions representative.