



## Texas Board of Nursing

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Katherine A. Thomas, MN, RN, FAAN  
*Executive Director*

Dear Participant,

Under the terms of your Board Order, you will be required to submit to periodic random drug screens with RecoveryTrek during employment as a registered/vocational nurse. It is our goal for each RecoveryTrek drug testing participant to maintain compliance with the requirements of the program and successfully complete his/her Board Order. Pursuant to this goal, I am writing to provide you with information relating to the requirements of your Board Order and the drug testing procedures utilized by RecoveryTrek.

- **Testing for Alcohol Consumption - You are required under the terms of your Board Order to abstain from the consumption of alcohol. The Board is now utilizing a more sensitive testing procedure to detect the presence of metabolites produced by the body following the consumption of alcohol. This testing process is capable of detecting smaller amounts of alcohol consumption than the testing utilized by the Board in the past. Further, this testing process is also capable of detecting alcohol consumption that occurred further in the past than the testing previously utilized by the Board.**

Under the terms of your Board Order, you are required to abstain completely from the consumption of alcohol. This includes alcoholic beverages, as well as any product containing alcohol. To eliminate the risk of testing positive for alcohol consumption, you are directed to abstain from using all products which contain alcohol, including certain over-the-counter medications such as liquid Nyquil and other cough medications, alcohol-based mouthwashes, vanilla extract, "non-alcoholic" beer (which may contain up to .5% alcohol), alcohol-based hand sanitizer, and any other product which contains alcohol. It is your responsibility to ensure that you refrain from the use of such products. A positive test for alcohol or alcohol metabolites will not be excused by the use of these products. **Please be advised that a positive screen for alcohol could lead to the immediate suspension of your nursing license.**

- **Drug Testing - Read your Board Order carefully. You are required under the terms of your Order to abstain from the use of controlled substances, Nubain, Stadol, Dalgan, Ultram, and other synthetic opiates, except as prescribed by a licensed practitioner for a legitimate purpose. If prescribed any of these substances, you are required to notify the Board of the prescription and cause your healthcare provider to submit a written report identifying the medication, dosage, and the date the medication was prescribed to you within 10 days of the date of the prescription. Failure to submit this notification to the Board may be considered a violation of your Board Order and could result in further disciplinary action. **Furthermore, a positive screen for any of these substances without a legitimate prescription could lead to the immediate suspension of your license.****
- **Randomized Screening and Missed Screens - You are required to check in with RecoveryTrek every day to determine whether you have been selected to test, and to submit to drug screens the**

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same day on which you have been selected. It is your responsibility to be aware of the testing hours at your chosen lab, and to leave enough time after your check-in to submit a test.

Board Orders typically identify quarterly time periods during which testing frequency decreases over time. For instance, the most common testing schedule is: “For the first three month period, random screens shall be performed *at least* once per week. For the next three month period, random screens shall be performed *at least* twice per month. For the next six month period, random screens shall be performed *at least* once per month.”

Please note the added emphasis on the term “at least”. The process used to select testing dates is random, and may result in more than one selection within any given period. For instance, it is possible that, during a period of monthly testing, more than one random test date may be scheduled. Therefore, it is important that you continue to check in with RecoveryTrek every day and provide a sample whenever you are selected, regardless of whether a test has previously been scheduled in the testing period. **Remember, failure to submit a sample for testing on a selected day is grounds for further disciplinary action under your Board Order, including the immediate suspension of your nursing license.**

The Board’s mission is to protect and promote the welfare of the people of Texas. Because non-compliance with Board-ordered drug testing may be considered to be a serious threat to the public health and safety, the Board is authorized under the Nursing Practice Act<sup>1</sup> to temporarily suspend the license of a nurse who submits a positive drug screen for alcohol or a prohibited drug or fails to submit to a drug test under a Board Order. The Board is authorized to initiate suspension proceedings without any prior notice to you.

The consequences that could result from a positive drug screen or missed test are serious. Therefore, you should carefully avoid **any** products containing alcohol, provide the Board with timely notification of any prescriptions you have received, and submit to drug testing on each day you are selected. Doing so will help you to successfully complete your Board Order. If you have any questions regarding this information or any other issue related to your Board Order or drug testing, please contact your Board monitor.

Sincerely,



Katherine A. Thomas, MN, RN, FAAN  
Executive Director  
Texas Board of Nursing

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<sup>1</sup> Texas Occupations Code §301.4551.

## INSTRUCTIONS FOR BON URINE DRUG SCREEN COLLECTION

1. As a result of the Order ratified by the Board (BON), you will be required to submit to periodic random drug screens **during employment as a nurse**. The BON has contracted with RecoveryTrek and you will be submitting random urine specimens through this vendor. No other drug screens will be accepted toward meeting your Board Ordered requirements unless pre-authorized by your monitoring investigator/program analyst.
2. Enrollment in RecoveryTrek is required before testing can begin. Once you are employed as a nurse, and your Notification of Employment form has been received by the Board, **you have two (2) weeks to submit your registration information to RecoveryTrek's (RT) website.**

### Step 1 - Accessing Your Secure Online Account

- a. Go to <http://recoverytrek.com/enrollment> and fill out the form.
- b. RecoveryTrek will then send you an email from [greatsupport@recoverytrek.com](mailto:greatsupport@recoverytrek.com) titled "Your RecoveryTrek New Participant Account" containing your username, temporary password and instructions for logging in.
- c. **The temporary password is valid for 24 hours.** Once received, go to [www.recoverytrek.com/txbon](http://www.recoverytrek.com/txbon) and use your email address as the username and the temporary password to log in. The password will need to be changed during the initial log in.
- d. If you have not received RT's email after 36 hours, check your spam folder and if you still do not have an email, send an email to [greatsupport@recoverytrek.com](mailto:greatsupport@recoverytrek.com) requesting enrollment information.

### Step 2 - Log in to Enter Your Contact and Billing Information

- a. Once logged in, click the "profile" tab.
- b. *Be sure to complete all fields in the Details and Address sections on the Participant Profile Page. Please make sure any pre-populated contact information is correct so RT can contact you if needed.*
- c. **Make sure to enter your credit card #, expiration date, and CVV#, then click "Save" when finished.**
- d. You will see a "Test Status" button once you log in. You will use this to check your daily test status.

### Step 3 - Sign Your RT Monitoring Agreement Online

- a. Next, find the RT Monitoring Agreement by clicking on the "Agreement" tab in top menu.
- b. Read the agreement and click the checkbox at the bottom acknowledging you agree with RecoveryTrek's terms.

### Step 4 - Account Activation

- a. A participant Account Activation email will be sent within 2 business days with instructions and the date you should begin checking in. If you do not receive the Participation Account Activation email within 2 business days, log into the Participant Portal and confirm that all steps have been completed. If all steps were completed, send an email with the Subject: Account Activation to [greatsupport@recoverytrek.com](mailto:greatsupport@recoverytrek.com), include your name, your Program Name and Case ID or the last 4 digits of your SSN or call your RT Success Manager at 757/943-9800.

3. If you are unable to enroll online, you can enroll over the phone with the RT Success Manager. This method may take longer and may require that the Success Manager schedule a time to take your enrollment details.
  - a. With your contact and billing information ready, call the Success Manager at: **757-943-9800 (Option 4)**.
  - b. The Success Manager will collect your information and provide you with instructions on how to sign and send the RT Monitoring Agreement.
  - c. You may send the signed agreement via email or US Mail:  
Email: [greatsupport@recoverytrek.com](mailto:greatsupport@recoverytrek.com)      Mail: RecoveryTrek, P.O. Box 11635,  
Norfolk, Virginia 23517
4. Credit or Debit cards are required to be kept on file for testing fees.
5. RecoveryTrek contracts with MedTox collection sites throughout the state of Texas. You will be receiving Chain of Custody Forms (CCF) once you are enrolled in the RecoveryTrek System. When your supply gets low (less than 3) please order more from the RecoveryTrek online system and you will be sent a supply. All collection fees are to be paid at the time of collection if you are not using an authorized collection site. RecoveryTrek will NOT pay any of these fees. **Pricing may vary based on the specific panel selected for testing.**
6. **You will be required to login to the RecoveryTrek website or call every day to verify if you have been chosen to provide a specimen for screening. Failure to login or call every day could result in further action taken by the Board.** If you are planning to travel or vacation, you must submit a request through RecoveryTrek's website at least a week in advance. You will be notified if your request has been approved or denied. You may be required to submit to a random drug screen even during your time out of town or on vacation.
7. If, due to an emergency, you are unable to report to the collection site on the day you are requested to provide a urine specimen, or if you do not have the proper chain of custody form, you must immediately contact the Compliance Case Manager or call the Board's office at (512) 305-6838. **Failure to report for a drug screen may be considered the same as a positive result and may result in further disciplinary action being taken against your license to practice registered/vocational nursing in the state of Texas for your failure to comply with the Order of the Board.**
8. If your specimen tests positive, you may have your results reviewed by a Medical Review Officer (MRO) for an additional fee. In addition, you must notify the Compliance Case Manager or call the Board's office at (512)305-6838 prior to making the request, so that it may be approved with RecoveryTrek. (During this time period, the result will be treated as a positive result until proven otherwise).
9. **While you are being monitored by the Board, your employer or a representative from the Texas Board of Nursing may require you to submit to a random drug screen at any time.**