

For Immediate Release
(December 19, 2024)

The International Paruresis Association (IPA) Opposes Proposed DOT Rule on Drug Testing Procedures

Approving labs is the quickest fix – not a new rule.

Catonsville, MD USA (December 19, 2024) — The International Paruresis Association (IPA), a nonprofit organization dedicated to advocating for individuals with paruresis (commonly known as "shy bladder syndrome"), has submitted its formal objection to the US Department of Transportation's (DOT) proposed rule amending drug testing procedures under 49 CFR part 40. The proposed rule, published in response to the May 2023 Final Rule, would temporarily require directly observed urine collections in situations where oral fluid testing is not yet available.

The IPA has been working for nearly 30 years to improve drug testing procedures for individuals with paruresis, a social anxiety disorder that makes urinating in public or under observation extremely difficult or impossible. The organization had high hopes for the May 2023 Final Rule, which authorized oral fluid drug testing as an alternative to urine-based testing. However, the proposed interim rule requiring directly observed urine collections represents a significant step backward for individuals with paruresis.

"While the May 2023 Final Rule was not perfect, it marked a major step forward for individuals with paruresis by introducing oral fluid testing as an alternative to urine testing," said Tim Pyle, Executive Director of the IPA. "The current proposal to revert to directly observed urine collections, even temporarily, undermines the progress made and fails to address the root issue: the lack of certified oral fluid testing laboratories."

The IPA's response to the proposed rule emphasizes the following points:

- **Oral Fluid Testing is Superior:** Oral fluid testing is three times more accurate than urine testing, making it a more reliable and fair option for employees.
- **Employee Choice is Essential:** Allowing employees to choose oral fluid testing ensures their privacy rights are respected and reduces the undue burden on individuals with paruresis, and improves agency productivity overall.
- **The Real Solution is Lab Certification:** The IPA strongly urges the DOT to expedite the certification of oral fluid testing laboratories, as promised nearly two years ago, rather than implementing additional rules that disproportionately impact individuals with paruresis.

"The remedy for this situation is not the establishment of additional rules," Pyle continued. "The remedy is to simply certify the labs as promised nearly two years ago. Until that happens, individuals with paruresis will continue to face unnecessary and discriminatory challenges in complying with drug testing requirements."

The IPA encourages all interested parties to learn more about this issue and join the advocacy effort by visiting the IPA's drug testing page at <https://paruresis.org/dot-nprm/>.

About the International Paruresis Association

The International Paruresis Association (IPA) is a nonprofit organization dedicated to improving the lives of individuals with paruresis through education, advocacy, and support. Founded in 1996, the IPA works to raise awareness about paruresis, promote research, and advocate for policies that ensure equal opportunities for those affected by this condition. For more information, visit <https://paruresis.org>. P.O. Box 21237 • Catonsville, MD 21228 • 844-422-6873 • getinfo@paruresis.org.

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