



Urine Drug Screen

Information and Guide to Best Practices
for Specimen Collection

What is a Urine Drug Test

A Urine Drug Test is a multi panel lateral flow chromatographic immunoassay or biochemical test that measures the presence or concentration of molecules in a solution through the use of an antibody or antigen. The test is used to detect the presence of drug metabolites in human urine.

What is a Urine Drug Test

In simple terms: A urine drug test is a collection cup with any number of absorbent test strips that draw the urine through a chemical process to show whether a drug is present in the specimen provided by the donor.

What is a Drug Test Cup

There are many variations of Drug Test Cups but most have these common features:

- Drug Test Strips
- Strip Holder
- Lid
- Temperature Strip

Test Strips



There are hundreds of Tests Strips available for all kinds of drugs and a limitless number of combinations available. Drug Test Strips are always marked at the top with the drug it tests for, OPI for Opiates, COC for Cocaine, K2 for Spice.

Test Strips

- Test Strips have different “Cut Off Levels”. Cut Off Levels are measured in “ng/ml” (Nano Grams per Milliliter) this determines the minimum amount of the substance that needs to be in the urine to trigger a positive result on the test.
- The Higher the cut off number, the less sensitive the test strip

Strip Holder



The Strip Holder keeps the Test Strips separated and holds the strips in place to absorb the urine.

LID



The Lid should always be screwed on the cup immediately after collection to prevent any contaminants from getting into the sample.

Temperature Strip

The Temperature Strip is there to tell you whether the sample collected is at or near Body Temperature. The Human Body is generally 98.6 degrees Fahrenheit and the urine should be at or near that temperature.



Acceptable Range: 90° - 100°F

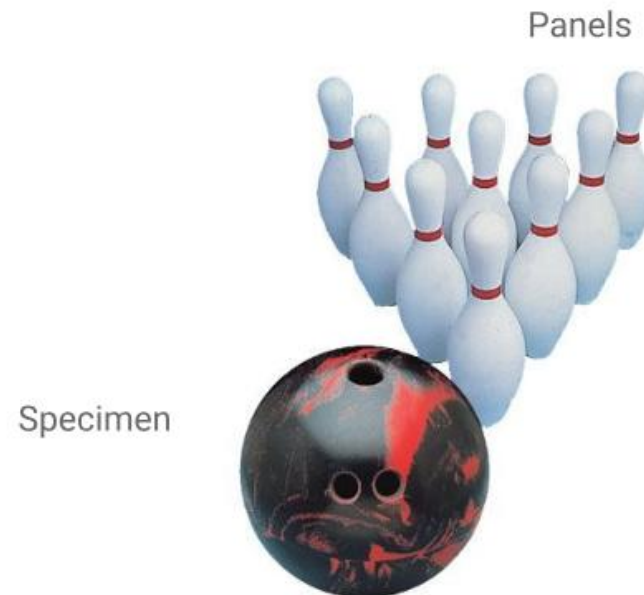
How does a Urine Drug Test work?

To make it as simple as possible think
about Bowling!



How does a Urine Drug Test work?

- The Bowling Pins represent the (Panels) on the Urine Drug Test
- The Bowling Ball represents the (Urine Specimen).



How does a Urine Drug Test work?

- Each Test Strip has Two Sets of Bowling Pins
- The First Set of Pins (Test Line) tells you if Drugs are present in the sample collected.
- The Second set of Pins (Control Line) is there to tell you that the Test is working.
- This Line Should always appear.

How does a Urine Drug Test work?

- The Bowling Ball (Urine) travels down the lane (The Strip) until it reaches the Drug Metabolites (The Test).
- If there are NO Drugs in the Urine the Bowling Ball rolls in the gutter and the Pins Stand (Solid Line)



How does a Urine Drug Test work?

- If the Urine Specimen contains Drug Metabolites (Positive Result) the Pins get knocked down (Test Line Gone).



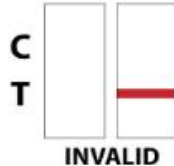
Reading Results



Negative (-): A line should be visible in each control region and the appropriate test region. It indicates that the concentration of the corresponding drug of that specific test zone is below the detection limit of the test. Even a faint test line is considered a negative result.



Presumptive Positive (+): No line appears in the test region. It indicates a positive result for the corresponding drug of that specific test zone.



Invalid: If a line is not visible in each of the control region or a line is only visible in each of the test regions, the test is invalid. Another test should be run to re-evaluate the specimen

*Note: Any visible line, even a faint line, indicates a result.

An observed sample collection is the best way to ensure the integrity of the specimen.

If a positive result is indicated a second test can be administered. All Positive results require further testing for confirmation and should be packaged properly and sent to a laboratory within 12-72 hours of collection.

Client dignity should always be respected and the results of a positive test should be discussed with a healthcare professional.

The Preferred Med supply brands of Urine Drug Tests are designed to provide an instant solution to maintaining a drug free environment in whatever setting they are being used.

How To Properly Administer a Urine Drug Test

- Now that we understand how it works, what is the best way to give the test?
- First: Remember that Client dignity is always JOB #1
- When the collector is educated and professional the client will have a better experience.

How To Properly Administer a Urine Drug Test

- **Step 1.** Secure a well lit area outside of the collection site to stage your supplies.
- **Step 2.** Ensure you have a secure private location to perform the collection of the Urine (Bathroom).
- **Step 3.** Prepare Drug Test Kits and arrange them on a table in your staging area.

How To Properly Administer a Urine Drug Test

- **Step 4.** Remove all non essential items from the location where the test will take place.
 - (Many household products can be used to adulterate a urine sample, soap, shampoo, cleaning products , bleach, hand sanitizer, etc.
 - BE SURE ALL OF THESE ITEMS ARE REMOVED PRIOR TO TESTING). Bluing powder can be added to the toilette prior to testing to ensure the integrity of the sample being collected.

How To Properly Administer a Urine Drug Test

- **Step 5.** Be sure donor is prepared to provide a sample.
- **Step 6.** Have donor remove all unnecessary items of clothing before entering designated collection site (Hats, Jackets, sweaters with pockets, etc.).

An observed urine test is the best way to ensure sample quality.

How To Properly Administer a Urine Drug Test

- **Step 7.** Have donor wash hands thoroughly with soap (Adulterants are often concealed under fingernails such as powdered bleach and laundry soap).
- **Step 8.** Collector should be equipped with either latex or non latex gloves before handling the collected specimen. Gloves should be changed with each client to avoid possible cross contamination.

How To Properly Administer a Urine Drug Test

- **Step 9.** Collector should provide the client the cup and remain in the room.
- **Step 10.** Collector should explain to donor; that they are to fill the specimen cup with urine, **No more or less than ¼ full.**

(Do Not overflow cup).

How To Properly Administer a Urine Drug Test

- **Step 11.** Donor may finish urinating in the toilette when the specimen cup is 3/4 filled.
- **Step 12.** Donor should place cap on cup and turn lid until a "Click" is heard, (This means the specimen is securely sealed in the cup).
- **Step 13.** The donor should hand the securely sealed cup back to the collector.

How To Properly Administer a Urine Drug Test

- **Step 14.** Collector should immediately **double check** the lid to be sure it is properly sealed. Then **read the temperature strip** on the lower portion of the Drug Test Cup.

(If the temperature is within the acceptable range (32° - 38°C; 90°-100°F), proceed with the collection procedure.

If the cup is cold to the touch and the test was not observed, then it is likely the donor used a countermeasure or has adulterated the test.

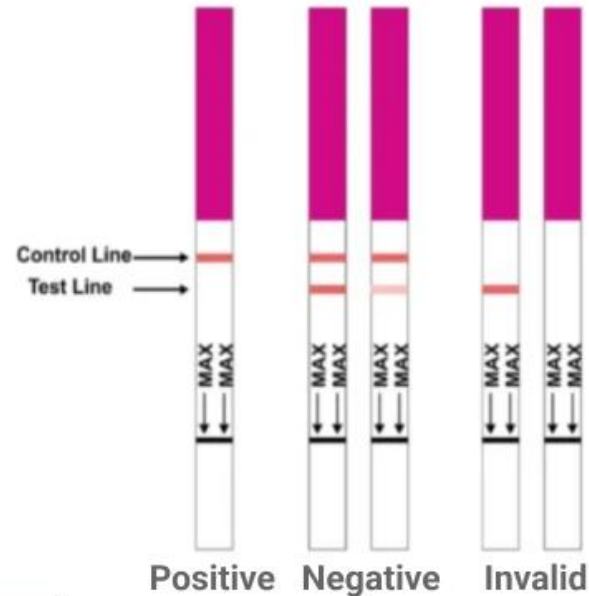
How To Properly Administer a Urine Drug Test

- **Step 15.** If the temperature is consistent with the (32° - 38°C; 90°-100°F) range, wait 1- 5 minutes, then peel back the sticker covering the results window. (A visual guide is located on the side of the Drug Test Kit box which clearly shows a Positive and Negative result).

Even a faint line is considered a Negative result.

Interpreting Results

How to Read Drug Test Cups - Expert Guide



How To Properly Administer a Urine Drug Test

- **Step 16.** Collector can determine based on results whether further testing is required or referral to Counseling/Medical Professional is necessary.
- **Step 17.** Collector should use a paper towel to wipe the exterior of the cup clean of any urine that may have inadvertently spilled on the outside of the specimen cup.

Collector may then remove the collection gloves and dispose of properly. A thorough hand washing is recommended for the collector once the test is completed.

Important Facts about Drugs in the Human Body

- The Human Body absorbs and process drugs in a variety of ways.
- Some Drugs are short acting and are metabolized quickly like Cocaine.
- Some Drugs like THC and Benzodiazepines can remain in the fat cells of the body for 30 days or more.

Preferred Med Supply Cup Advanced Cut Off Levels

Drug (Identifier)	Cut-off Level	Min. Detection Time	Max. Detection Time
Amphetamine (AMP)	1000 ng/mL	2-7 hours	2-4 days
Cocaine (COC)	300 ng/mL	1-4 hours	2-4 days
Buprenorphine (BUP)	10 ng/mL	2-4 hours	2-6 days
Methamphetamine (MET/mAMP)	1000 ng/mL	2-7 hours	2-4 days
Ecstasy (MDMA)	500 ng/mL	2-7 hours	2-4 days
Opiates (OPI)	2000 ng/mL	2 hours	2-3 days
Opiates 300 (OPI 300/MOP)	300 ng/mL	2 hours	2-3 days
Phencyclidine (PCP)	25 ng/mL	4-6 hours	7-14 days
Marijuana (THC)	50 ng/mL	2 hours	Up to 40+ days
Benzodiazepine (BZO)	300 ng/mL	2-7 hours	1-4 days
Methadone (MTD)	300 ng/mL	3-8 hours	1-3 days
Barbiturates (BAR)	300 ng/mL	2-4 hours	1-3 weeks
Tricyclic Antidepressants (TCA)	1000 ng/mL	8-12 hours	2-7 days
Propoxyphene (PPX)	300 ng/mL	1-6 hours	7-10 days
Oxycodone (OXY)	100 ng/mL	1-3 hours	1-2 days
Fentanyl (FYL)	200 ng/mL		3 days
Ethyl Glucuronide (ETG)	500 ng/mL	1-3 hours	4-5 days

Important Facts about Drugs in the Human Body

Clients with a history of THC or Benzodiazepine use will often test positive for long periods of time. Working out at the gym can sometimes spike levels when fat cells are burned during exercise but overall levels should be declining if the client is drug abstent.

Preferred Med Supply

Preferred Med Supply has been servicing the Addiction Treatment Community for over 20 years. Our products are designed and developed for Accuracy and Reliability. We are always available to help answer any questions you may have and we stand behind our products 100%



Thank you