

In order to have a psychiatrist prescribe stimulants you will need a drug test. The most common drug tests done in Australia for ADHD is a urine screen. Collection of the urine is conducted at a collection facility and the collection process is commonly observed by a staff member.

If you are concerned about your use of substances and/or are worried that you will not be able to pass a drug screen, please do not hesitate to talk to Deb in your next session. Your conversation in session is completely confidential, and our only focus is on your safety and wellbeing.

HealingLinks Psychology is a no judgement zone.

## Different drugs and their typical timeline

Many factors determine the detection window for various drugs. Criteria listed on the back of this sheet outline additional factors that may influence detection. Below is a table of estimated detection windows for drugs that are commonly tested for as part of your ADHD drug screen:

Drug	Urine Specimen
Amphetamine	Up to 3 days
Methamphetamine	Up to 3 days
Cocaine	2 to 4 days
Methadone	Up to 3 days
Marijuana	14 to 30 days
Opiates	Up to 3 days
Benzodiazepines	3 days in therapeutic use and up to 6 weeks for chronic users

## Factors affecting drug detection.

Every drug, including alcohol, has differing periods of detection which depends on several different variables. Apart from the method of testing, some other factors that affect drug testing include:

- **The type of drug:** Different drugs have different detection windows and may not be directly linked to how potent the drug is. For example, marijuana or cannabis has a longer detection window compared to methamphetamine or cocaine.
- **Route of administration:** How the drug was consumed will also play a role in its detection window. Drugs consumed orally typically have longer detection windows compared to drugs that were inhaled. This is because when consumed orally, the substance must first be absorbed into the bloodstream through the digestive system which may take time. Additionally, when consumed orally, it may take longer to metabolise leading to a longer detection window.
- **Dosage and frequency of use:** Typically, a higher dosage of a drug can result in a longer detection window. The same can be said about the frequency of use. If a drug is consumed more frequently over long periods of time, testing may find higher concentrations of drug within the body.
- **Metabolism:** This refers to the speed in which a person's body metabolises the drug. A person with a higher metabolism rate may excrete the drug quicker than others which eventually leads to smaller detection windows.
- **Body mass and hydration:** Individuals with higher body fat percentages may have longer detection windows as drugs can be stored in fat cells while dehydration can cause a drug to be more concentrated in the urine which can potentially lead to longer detection windows.