



## Drug Screen Reference Sheet

### Approximate Drug Detection Periods in Urine

Opiates (Codeine, Morphine)	3-5 Days
THC	2-45 Days <sup>1</sup>
Benzodiazepines	2-30 Days <sup>2</sup>
Heroin	3 Days <sup>3</sup>
Buprenorphine	7 Days
Amphetamines	3 Days
Methamphetamine	3 Days
Cocaine	4-5 Days
Ecstasy (MDMA)	2-3 Days
Methadone	7 Days
Oxycodone	3 Days
Hydrocodone	3 Days
Spice (Synthetic Marijuana)	3 Days
EtG (alcohol marker)	3 Days

- 1) Depends on several factors: Frequency of use- Someone having smoked only one time may not even test positive or test clean in 2 days. A heavy, chronic user may test positive for a longer period. Body composition- people with more body fat will test positive for a longer period since THC is stored in fat tissue.
- 2) Depends on the individual drug. Valium stays detectable longer (10 days). Xanax shorter (5 days)
- 3) Heroin is only detectable for a few hours. However, it is metabolized to Morphine which is detectable for 3 days

### Hair Drug Testing Facts

- Head hair grows *approximately* ½ inch per month
- A typical hair drug screen tests 1.5 inches of hair which equates to about 90 days of drug use
- Even if more hair is taken, the lab only tests 1.5 inches except under special circumstances
- Drugs used in the immediate 7-10 days prior will not show up
- Sporadic or one-time use of drugs within the time period will likely test negative
- Body hair can detect drug use for about a year prior

### Drug Test Cheating

- Synthetic urine can be bought online, at liquor stores, gas stations, and head shops
- It is very effective and passes lab validity tests. Key is temperature and observed collections
- Drinking lots of water can be effective too, depending on levels. Normal urine production is 1mL/minute. After consuming 1 Liter of water it goes to 8mL/minute, diluting the sample 8-fold
- Drinks, powders, tablets are only effective due to the required consumption of copious amounts of water with them

### Some Drugs That *May* Cause False Positive Drug Screens

Drug Category	Potential Causes of False Positive
Opiates	Ibuprofen, OTC Cough Meds, Benadryl <sup>2</sup> , Quinolones <sup>1</sup>
THC	Protonix, Naproxen, Ibuprofen
Benzodiazepines	Zoloft
Heroin	See Opiates
Amphetamines	Zantac, Selegiline, Prozac, Phenergan, Bupropion, Trazadone, Quinolones <sup>1</sup>
Methamphetamine	Zantac, Selegiline, Prozac, Phenergan, Bupropion, Trazadone, Quinolones <sup>1</sup> , Vicks Inhaler
Cocaine	none
Ecstasy (MDMA)	Selegiline, Bupropion
Methadone	Benadryl <sup>2</sup> , Verapamil, Doxylamine <sup>2</sup>
Oxycodone	Buprenorphine (Suboxone), Vivitrol Shot

1) *Quinolones are a group of antibiotics such as Levaquin and Cipro.*

2) *Both Doxylamine and Diphenhydramine (Benadryl) are popular ingredients in OTC sleep meds.*

### Some Other Helpful Facts

- 6-AcetylMorphine (6-AM or 6-MAM) is a direct metabolite of Heroin. When detected, it is indicative of Heroin ingestion with no other viable explanation
- Heroin is metabolized to 6-AM within minutes and then again to Morphine within hours. Therefore detection of Heroin in urine is difficult. High levels of Morphine suggest Heroin use.
- False positive drug screens can and do occur. They are usually associated with higher doses of the drug and normally cross react because of similar chemical structures.
- About 1/3<sup>rd</sup> of Methamphetamine is metabolized to Amphetamine. However this process does not work the other way around. No matter what someone may tell you, prescribed Amphetamines such as Adderall will NOT cause a positive Methamphetamine screen
- Instant Screens detect a range of similar chemical structures within a class of drugs. Lab GC/MS testing, used for confirmation of positives, detect a specific chemical structure "fingerprint" with high accuracy and specificity
- Poppy seeds can definitely cause a false positive Opiate screen. GC/MS Lab confirmation will rule this out