

Drug Testing in primary care to monitor adolescents who are attempting behavior change

<p>Discuss how you will use drug testing with patient and parent</p>	<ul style="list-style-type: none"> • Decide if testing will be done at home, in the lab, or in the office • Confirm that patients and parents will both get results • Determine how results will be shared (by phone, in person visit, etc.)
<p>Make a plan of how drug test results will be used. A sample behavioral plan is provided here.</p>	<ul style="list-style-type: none"> • 1st negative test: OK to go out with friends, curfew 8 pm • 2nd consecutive negative test: curfew extended to 10 pm • 3rd consecutive negative test: driving privileges restored • 4th consecutive negative test: sleep overs allowed • If a test is positive at any point, start from the beginning.
<p>Place orders. Sample orders are provided here.</p>	<ul style="list-style-type: none"> • Urine drug toxicology monitoring: Panel with Confirmation • Urine drug toxicology monitoring: Specimen Validity • Alcohol metabolite with confirmation • Nicotine and cotinine
<p>Collect the specimen</p>	<ul style="list-style-type: none"> • Collect a first morning specimen to maximize concentration. • If collection is at home, recommend that parents “supervise” collection to the extent that they are comfortable. Parents can put dye in the toilet, listen for running water and keep the door open to prevent a teen from using a stored urine sample. • Check for temperature. Use a cup with a temperature strip if possible. • After collection, be sure to supervise the specimen until it is dropped off at the lab. • For repeated testing, parents can choose the day for collection, and should always collect the next morning if drug use is suspected. At times testing

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	<p>should be two consecutive days (to avoid use immediately after the test).</p> <ul style="list-style-type: none"> • We recommend testing periods of 8-12 weeks or as clinically indicated.
<p>Interpret the results</p>	<ul style="list-style-type: none"> • Check the urine creatinine to confirm specimen integrity. • MARIJUANA: THC is lipid soluble and is stored in fat tissue in heavy/chronic users. To compare consecutive tests, divide the THC level by the creatinine to correct for urine concentration. • ALCOHOL: Alcohol metabolites (ethyl glucuronide and ethyl succinate) can be positive in the urine for up to 5 days after heavy alcohol use. Low levels of these metabolites may be detected following incidental exposure to alcohol in many daily use products (mouthwash, hand sanitizer). • NICOTINE: Cotinine is a metabolite of nicotine that can be detected 3-5 days after consumption. Use of nicotine replacement medications will make tests for cotinine positive and we recommend NOT testing for nicotine while using these medications. • BENZODIAZEPINES: Sertraline can cross react with the screen for benzodiazepines, resulting in a positive screen with negative confirmatory test. For patients not prescribed sertraline, consider use of benzodiazepines not included in the panel (“designer benzodiazepines”) when the screen is positive and the confirmatory test is negative. • OPIATES: Poppy seeds contain small amounts of naturally occurring opiates, and patients who consume them can have small amounts of morphine and codeine in their urine. For tests with low levels of opiates we recommend advising the patient to avoid poppy seeds and retest.

Disclaimer: The Drug Testing Tip Sheet is offered for information purposes only and is not meant as a substitute for independent medical judgment or the advice of a qualified physician or healthcare professional. The Drug Testing Tip Sheet is not intended to provide medical advice or clinical services to patients, to verify or approve medical information or credentials, or to make any medical referrals. The Drug Testing Tip Sheet does not provide professional or medical advice or recommend any particular medical device or service, including recommendations or endorsements through the Drug Testing Tip Sheet. Users who choose to use information or recommendations made available by the Drug Testing Tip Sheet do so at their own risk and should not rely on that information as professional medical advice or use it to replace any relationship with their physicians or other qualified healthcare professionals.