



Pros and Cons of the Various Drug Testing Methods

TEST TYPE	PROS	CONS	WINDOW OF DETECTION	COMMENTS
URINE	<ul style="list-style-type: none"> - Highest assurance of reliable results. - National Facilities - Most flexibility in testing different drugs, including alcohol and nicotine. - Most likely of all drug-testing methods to withstand legal challenge. 	<ul style="list-style-type: none"> - Specimen can be adulterated, substituted, or diluted. - Limited window of detection. - Test sometimes viewed as invasive or embarrassing. - Biological hazard for specimen handling and shipping to lab. 	<ul style="list-style-type: none"> - Typically 1 to 5 days. - Longer for marijuana 	Traditional testing used since 1983. GC/MS confirmation is considered gold standard of drug testing. Acceptable for all testing categories. Both lab and instant testing available.
HAIR	<ul style="list-style-type: none"> - Longer window of detection. - Greater stability (does not deteriorate). - Can measure chronic drug use. - Convenient shipping and storage (no need to refrigerate). - Collection procedure not considered invasive or embarrassing. - More difficult to adulterate than urine. - Detects alcohol/cocaine combination use. 	<ul style="list-style-type: none"> - More expensive. - Test usually limited to basic 5-drug panel. - Cannot detect alcohol use. - Will not detect very recent drug use (1 to 7 days prior to test). 	<ul style="list-style-type: none"> - Depends on the length of hair in the sample. Hair grows about a half-inch per month, so a 1½-inch specimen would show a 3-month history. 	New Federal guidelines propose that head hair should be the only type of hair to be used for pre-employment, random, return to duty, and follow-up testing. Because of detection times not to be used for post accident and reasonable suspicion testing.
ORAL FLUIDS	<ul style="list-style-type: none"> - Sample obtained under direct observation. - Minimal risk of tampering. - Non-invasive. - Samples can be collected easily in virtually any environment. - Can detect alcohol use. - Reflects recent drug use. 	<ul style="list-style-type: none"> - Drugs and drug metabolites do not remain in oral fluids as long as they do in urine. - Less efficient than other testing methods in detecting marijuana use. 	<ul style="list-style-type: none"> - Approximately 10 to 24 hours. 	Used primarily for post accident and reasonable suspicion testing. Some companies are using for pre-employment. Not to be used for return to duty and follow-up testing. Both lab and instant testing available.
SWEAT PATCH	<ul style="list-style-type: none"> - Non-invasive. - Variable removal date (generally 1 to 7 days). - Quick application and removal. - Longer window of detection than urine. - No sample substitution possible. 	<ul style="list-style-type: none"> - Limited number of labs able to process results. - People with skin eruptions, excessive hair, or cuts and abrasions cannot wear the patch. - Passive exposure to drugs may contaminate patch and affect results. 	<ul style="list-style-type: none"> - Patch retains evidence of drug use for at least 7 days, and can detect even low levels of drugs 2 to 5 hours after last use. 	Used primarily for follow up testing and return to duty testing. Patch is applied to upper arm and back.



Drug Test Alternatives

NEW RULE PROPOSED

The Substance Abuse and Mental Health Services Administration (SAMHSA) is proposing a new rule that would allow federal agencies to use sweat, saliva and hair in federal drug testing programs that now only test urine. The proposal would also allow selected specimen testing at the time and place it is collected. Listed below is a summary of various testing methods currently available from Florida Drug Screening, Inc.

1 LAB Based Urine Testing

Lab Based urine testing is the traditional type of drug testing whereby the donor goes in to a collection site, provides a urine specimen which goes out to a lab, the results are then reported by a certified medical review officer (MRO). The lab performs an initial screen on the specimen and a GC/MS confirmation test if non negative. Turnaround time is 1 - 2 business days for negatives and 4 - 5 business days for positives. With lab testing, up to 10 panels of drugs of abuse can be tested.

2 On-Site Instant Testing (urine)

This type of testing provides negative results in 5 minutes with the test performed just after the urine specimen is collected. These devices can be stocked at the location for testing and training is available for collection of the specimen and the testing process. The on site instant test can also be performed at a collection facility similar to the lab based urine test. All non-negative results must go to a lab for confirmation testing and results reviewed and reported by a medical review officer (MRO). Cost of specimen collection at a collection facility adds \$10.00 to \$15.00 to the testing. With on site instant urine testing, up to 10 panels of drugs of abuse can be tested.



Drug Test Alternatives

3 Hair Testing

With this type of drug-testing the donor goes in to a collection site, provides a hair specimen, which goes out to a lab, the results are then reported by a certified medical review officer (MRO). The lab performs an initial screen on the specimen and a GC/MS confirmation test if non negative.

Turnaround time is 2 - 3 business days for negatives and 5 - 6 business days for positives.

With hair testing, 5 panels of drugs of abuse will be tested. Like urine testing, hair testing does not provide evidence of current impairment, only past use of a specific drug. Hair testing cannot be used to detect alcohol. The advantage of hair testing is prevention of adulteration and that hair analysis can detect drug use for approximately the previous 90 days. The disadvantage is that it is twice the cost of lab based urine testing.

Lab Based Oral Fluid Testing 4

Using Intercept®, our oral fluid drug testing service, can detect the NIDA-5 drug panel (marijuana, cocaine, opiates, amphetamines, and PCP) which represent the most common drugs requested by employers for workplace drug testing. Additional drug tests will be added to service the needs of the criminal justice market. The beauty of oral fluid testing is that the donor collects his or her own sample under direct visual supervision. The donor places the collection pad in his or her cheek and gum for at least two minutes. Once the absorbent collection pad is saturated, it is placed in a

vial, the handle of the collection device is snapped off at the rim of the vial, the vial is sealed, and the donor initials the seal. The entire process takes just 5 minutes.

The lab receives samples via overnight courier, tests them the day they arrive and reports negative results by early afternoon. Positive results are confirmed, reviewed and reported within 72 hours of receipt. Results are reviewed and reported by our Medical Review Officer. Cost of specimen collection at a collection facility adds \$10.00 to \$15.00 to the testing.



Instant Test Kit (urine)



Lab Based Oral Fluid Kit



Instant Oral Fluid



Instant Alcohol



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Drug Test Alternatives



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5 Instant On Site Oral Fluid Testing

Onsite oral fluid testing detects recent drug use in oral fluids. A special container splits the specimen, using half for immediate drug-of-abuse testing and storing the remaining sample for laboratory confirmation testing, if the test results in a non-negative.

No sample handling, the device is designed to collect, test, and store oral fluids in one container

without handling the sample. Even if laboratory confirmation is required, the container is ready for labeling, packaging, and shipping. Results are easy-to-understand and available in less than 15 minutes, there are no charts to compare or calculations to make. Because the collection and testing process is observable, there's less likelihood of sample substitution or adul-

teration. Any member of your staff can perform clean, accurate drug tests. Cost of specimen collection at a collection facility adds \$10.00 to \$15.00 to the testing. With on site instant oral fluid testing, 6 panels of drugs of abuse can be tested - cocaine, opiates, amphetamines, methamphetamines (ecstasy), PCP and THC (marijuana)

Additional Information on Oral Fluid Testing (Lab Based or Instant)

Oral fluids are harder to adulterate or substitute, and collection is less invasive than with urine or hair testing. Because drugs and drug metabolites do not remain in oral fluids as long as they do in urine, this method shows more promise in determining current use and impairment

6 Sweat Patch

Another type of drug test consists of a skin patch that measures drugs and drug metabolites in perspiration. The patch, which looks like a large adhesive bandage, is applied to the skin and worn for some length of time. A gas-permeable membrane on the patch protects the tested area from dirt and other contaminants. The sweat patch is sometimes used in the criminal justice system to monitor drug use by parolees and probationers, but so far it has not been widely used in workplaces or schools.

7 On Site Alcohol Test

DOT on site alcohol tests available using breath or saliva, non- DOT also available using urine specimen. A credit-card sized, disposable kit has everything you need for accurate point-of-contact alcohol test results. No cumbersome and expensive equipment needed.

There is no time-consuming training or calibration required. Any member of your staff can perform accurate tests just by following a simple process. Results are easy to read and to understand.