

Today Arcpoint Labs is going to walk you through the drug testing process from order to result

You will learn:

- What tests are available
- How to ensure proper collection
- How to decide what test is right for each situation
- How to order tests correctly
- What happens when your client comes into our lab
- The collection process
- Testing process of USDTL and QUEST
- How results are received and reported

**Some words we will use today:**

1) Adulterate-

- When donor tries to alter the sample to eliminate drug or alcohol biomarker

2) Biomarker

- A measureable substance indicative of ingestion or exposure to substances of abuse

3) Keratin

- Protein found in biological tissues. Forms fibers in tissues effective in trapping drug and alcohol metabolites

4) Window of detection

- Length of time following ingestion that substance can be detected

5) COC (short for Chain of Custody)

- Form that includes personal and testing information sent with test

6) Authorization Form

- Form that provides information of test ordered, client ordering, and provides the ordering subject ownership of the test

**Available testing methods**

**Panels**

- 5,7,9,10,12,14,15,16,17
- Must be a 10 panel or higher to add on single test

**Urine**

- Easy to collect without notice
- 3-5 day lookback for all drugs but THC 30 day lookback
- Easier to cheat with fake sample or adulterant

**Hair**

- Easy to collect without notice; head or body
- Not easily adulterated; drug n alcohol biomarkers in fibers of strand

- Drugs seen in sample 1-7 days from ingestion
- 3 inch sample 100mg collected sufficient for testing and confirmation all panels
- 3 month look back for head hair; 3mo-1yr for body hair
- Preferred collection method for child exposure testing

### **Fingernails**

- Easy to collect may; need 3 week growth time
- Drug and alcohol biomarkers locked in keratin fibers by blood flow, oils on skin
  - Contamination from sweat 24hrs after usage
  - Incorporated into nail bed within 2 weeks
  - Incorporated from germinal matrix (nail growth) at highest concentration 3months after ingestion
- Keratin is four times thicker in nails than in hair
- 6 mo. look back
- Exposure detected 1-2 weeks from ingestion
- 2-3 mm (width of quarter) from all 10 nails gives 100mg of sample
- Nails are clipped not scraped

### **Toenails**

- 9 mo. lookback with same stats as fingernail

### **Blood**

- No notice required for collection
- No way for clients to adulterate specimen
- 1-3 day look back for drug substances of abuse
  - Two small tubes drawn
- Alcohol look back period of 2-3 weeks
  - Can detect binge drinking
  - Sample viable for 1 year after collection
  - Client can easily submit sample by venipuncture or capillary stick

### **Saliva**

- 1-3 day detection period
- Difficult to adulterate
- No notice required for collection

### **When choosing a test**

Things to consider:

- Consider the subject

- Short look back
  - Urine good for
    - safe visitations
    - parole monitoring
    - follow up testing
- Does the subject (All of these can affect collection)
  - Shave the head hair?
  - Trim it short?
  - Bleach the hair?
- Does subject bite nails?
  - Most recovering addicts pick or bite nails out of habit & are difficult to collect sample from
- How much information do you give them?
  - What not to say to give them information that helps them cheat a test
    - urine
      - do not give a notice longer than one day
    - finger or toe nails

### Ordering a test

- We have provided all courts with an Authorization form.
  - Subjects name and personal information at top, all court ordering information on bottom.
    - Check off (THIS IS VERY IMPORTANT)
      - preferred tests
      - time to be taken by
      - who will be paying for the test
- Please send a copy of the court order whenever possible
- Do not tell them to bring in prescription medication list
  - All test are “blind tested” at lab
  - If any results drugs are detected the Medical Review Officer will contact the donor for verification

### What happens?

- When client comes in
  - We require a valid government photo ID to compare to Donor.
    - Photo copy ID
    - look for court faxed copy of order that is unaltered
- Check requested collection site and judge is sufficient
- Take out forms and sealed kit.
  - Open in front of client.
  - Implements are alcohol cleaned before and after each collection.
- Clients are instructed how to clip finger /toe nails onto paper.
  - Hair is cut/ shaved by collector.

- Sample is packed and sealed in front of client.
- Paperwork initialed and signed.
- Test kit sealed.
- Copy given to client for personal records and instructed on MRO calls.
- Test is charged to ordered payee then Fed Ex shipped to USDTL or Couriered to QUEST
- Tests take 1 week to process and require extra time for MRO to contact client if any medications are detected. We give a time frame of 1-3 weeks.

### **Child exposure testing**

- a 3 month look back hair test preferred
- Research shows more cocaine, marijuana, and methamphetamines can be detected better in hair than urine
- Minimum amount of hair collected to minimize trauma to child
- Only half sample required for testing.
  - No confirmation needed.
  - Run without cutoff
- Requires adult to ID, have a valid government photo ID to copy and sign for test.
- Results state both Carboxy and Native and distinguish between exposure and ingestion
  - Carboxy – Ingestion
  - Native - Exposed

\*\*\*any of these tests can be ordered in panels ranging from a basic 5 to a 17 panel.

- A 10 panel or higher must be ordered to add on any extra drug tests needed.