

URINE DRUG TESTING

What does pee tell you? Not a lot.

Know the limits of the screening tool and how results should be interpreted. Before doing a test, ask why you're doing it.

- Will the results change the course of treatment or plan of care?
- What information will it give you that a thorough patient history won't?
- Did you talk about what it means to give informed consent?

What the test detects:

A urine drug test doesn't detect psychoactive substances directly. It looks for their metabolites. False positive and negative results are common. If it is positive, confirmatory tests must be done.

What the test doesn't tell you:

- The source of the metabolites.
- If the substance was taken therapeutically.
- The dose = How much was taken.
- The timing = How long ago it was taken.
- If someone is under the influence.
- If someone has a substance use disorder (SUD).
- What kind of parent someone is - and will be.

