

## Understanding Drug Testing

We know *drug-users will lie to protect their relationship with intoxication*. One thing we have learned over the years is drug tests do not lie if drug testing protocol is followed properly from beginning to end.

**Drug Testing:** There are few methods of drug testing, urine, blood and hair. Urine analysis testing is not only easy, but it also provides information about more recent use that other tests cannot provide. It is important for you to know what drugs your child is using. Your child might be telling you he has been smoking marijuana... But what other drugs is he using? No one knows unless you drug test him. He might be hiding the fact that he is using methamphetamine, cocaine, "E" alcohol or other drugs.

**Drug Testing Protocol:** **Drug Testing Needs To Be Random.** If you let your child know he will be drug tested next week, then he will know he can get drunk or high tonight, because it might be out of his system by then (consult with your counselor to learn how long each drug is detectable). One of the statements we have heard from many teens we work with is "After my dad drug tests me, I go out and get high, because I know I won't be tested for at least a week." We encourage you to occasionally take a urine sample from your child on Friday night and then follow it up with another test on Saturday or Sunday morning.

**Can My Child Adulterate a Drug Test?** Possibly. One way your child might tamper with the drug test is to use a friend's urine. This happens quite often. He will get urine from a friend and pour it into the cup when he is being drug tested. **Therefore, it is important that you or another parent be present with your child while they are testing.** One tool you can use to determine if he has used another persons urine or added water to a urine sample is to use a digital thermometer. Digital thermometers are inexpensive. **After you have taken the urine sample, check the temperature. The temperature should be close to 98.6 degrees. 96 degrees is the lower limit.** If it is greater than 99 degrees then you have to check to see if your child has a fever. If he doesn't, then you know he has tampered with the test. Absolutely do not accept a urine sample under 95 degrees, because any temperature under 95 degrees most likely indicates your

child has tampered with the urine sample. You can always collect another sample if it is under 95 degrees.

The volume of urine and the container you are using can effect the temperature. It is suggested that the collection container not be glass ceramic or plastic. Containers made from those materials cool down the urine quickly. It is best to use two Dixie paper cups stacked inside of each other to keep it insulated which ultimately helps to maintain the temperature of the urine.

Finally, for the most part anything that your child eats or drinks to try and beat a drug screen will not work.