

Frequently Asked Questions

Instant Drug and Alcohol Testing

Q: What factors should be considered when evaluating instant vs. lab-based drug testing in addition to the time it takes to receive the test result?

A: Convenience and fast turnaround times are important. Other key considerations include your company's drug testing program and objectives, state laws in every state you conduct business, the value of an accurate test and a commitment to the added responsibility of collecting and overseeing an on-site drug testing program. In the case of instant drug testing, factor in whether or not your company/employees are in a position to bear the responsibility of interpreting and determining the test results.

Q: Is instant testing also referred to as POCT or rapid testing?

A: Yes, instant tests are sometimes referred to as rapid testing or POCT which stands for point of collection testing. This type of test yields a drug and/or alcohol result within minutes from the time of a drug test collection.

Q: Who collects the instant drug test specimen?

A: This can vary by company and by drug test. Some tests can be collected and interpreted on-site at the place of employment, while other tests are collected and interpreted at a collection site by a trained drug testing technician or collector.

Q: What workplace drug and alcohol instant testing products does Quest Diagnostics provide?

A: Our instant urine drug test product line is called Express Results™. Our electronic instant drug testing solution is called Express Results™ *Online*. In addition, we offer an instant saliva alcohol test called Q.E.D.®.

Q: How does Express Results differ from Express Results *Online*?

A: Express Results is an instant, Quest Diagnostics-branded urine drug test designed for on-site collection and result interpretation. Results are available within minutes of the collection time and remain stable for 60 minutes. Express Results offers a 5, 6, 10 and 12-drug panel cup and a 5-drug panel dip card. In comparison, Express Results *Online* is an instant, electronic urine drug testing solution that is designed to be ordered and reported online after being collected by professionally trained collector at one of our designated collection sites. Using Express Results *Online*, negative drug test results are typically reported online within 30 minutes of the collection for up to 11 drugs.

Q: Which drugs does each type of test detect?

A: Express Results urine testing devices are available in four different configurations - the basic dip card and cup which test for six drugs, and two expanded cups which test for ten and twelve drugs. Express Results *Online* panels can be selected for up to 11 drugs

or drug combinations including amphetamine, barbiturates, benzodiazepines, cocaine, marijuana, methadone, methamphetamine, opiates, oxycodone, PCP and propoxyphene. Q.E.D. detects saliva alcohol.

Q: What is the window of drug detection for an instant test?

A: Urine drug tests like Express Results *Online* excel at detecting recent drug use within the past three to ten days depending on the specific drug. Drug metabolites tend to remain longer in the systems of habitual drug users, and as such are generally able to be detected for a greater period of time.

Q: Does Quest Diagnostics offer an instant oral fluid testing product?

A: No, not at this time.

Q: Are instant oral fluid testing devices accurate?

A: There is a wide disparity between instant oral fluid devices. While a number of states require the use of FDA-listed testing devices, at this time there is only one such device on the market. It is important that you research your options to know exactly what you are getting. Read the package insert for cut-off levels and drugs/metabolites – some instant devices test for the marijuana metabolite rather than the parent compound. Also, be sure you understand the sensitivity of the device as well as the process required if a lab confirmation is needed.

Q: Is the testing laboratory available to verify the results of instant drug tests?

A: Yes. The best practice, and as required by the FDA-listed, for any instant drug testing program is to send non-negative initial screens into the laboratory for confirmatory testing. **Note: Q.E.D. needs to be confirmed with a breath or blood alcohol test.**

Q: Is specimen validity testing (SVT) part of an instant drug test?

A: Specimen validity tests are integrated into some instant test kits to detect for adulterated or substituted samples. This feature is included in Express Results cups as well as Express Results *Online* tests.

Q: Why do specimens that screen non-negative with an instant test device sometimes test negative in the confirmatory laboratory results?

A: This is actually not uncommon. It occurs not only with instant tests, but also with specimens that screen non-negative in the laboratory. There are a few potential causes. Immunoassay technology typically used for screening is susceptible to cross-reactivity with structurally similar compounds (e.g. a range of opiates or over the counter cold medications) that are not in the intended test panel. This can be caused by the donor's ingestion of those compounds. The donor may be completely unaware of the potential interference. The Mass Spectrometer (MS) instruments utilized for confirmatory testing are more accurate and sensitive. While this test method is more expensive than the immunoassay screen, it identifies the exact molecule of the targeted drug or metabolite

and precisely measures the level of drug in the specimen. The two technologies are used together to optimize cost and accuracy for workplace drug testing.

Q: Can an instant urine test be used for federally regulated or U.S. Department of Transportation (DOT) drug testing?

A: No, lab-based testing is required for all federally mandated drug testing.

Q: Is instant drug testing legal in the United States?

A: Instant testing is legal in the U.S. However, it's prohibited by state law in Kansas, Minnesota, Vermont, and Puerto Rico. Several other states have laws that require licensure and/or registration or limit the use of instant drug tests.

Q: When is CLIA waiver of instant drug test devices required?

A: CLIA waiver applies to tests performed for the purpose of medical diagnosis. It is generally not applicable to workplace drug testing unless required under a specific state's laboratory licensing requirements.