



Clinical Science News

**CLINICAL SCIENCE
LABORATORY**

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Oral Fluid Drug Testing

Clinical Science Lab is happy to announce that our laboratory staff has been trained, studies have been completed and we are running production specimens for oral fluid testing.

Clinical Science is currently one of five laboratories nationally who can process oral fluid drug testing. We have been working closely with Orasure Technologies, manufacturers of the Intercept™ to validate our testing procedures and to perform correlation studies as well as practice on our new machinery. Results are in and look great!

FACTS About Oral Fluid Testing

Which drugs can be detected with oral fluid testing?

Currently all drug classifi-

- Amphetamine
- Barbiturate
- Benzodiazepine
- Cocaine
- Methadone
- Methamphetamine
- Opiates
- PCP
- THC

The above list is not a complete list, but rather a more popular one. Other classifications such as Propoxyphene and Methaqualone are currently in development. If there is a test you require that is not on this list please give your sales representative a call. He or She would be happy to provide you with a comprehensive list and competitive pricing.

What about adulteration?

It is incredible to think about how far a drug user will go

to adulterate a sample. Needless to say, it has been attempted many times over. Studies have been done on a wide range of possible adulterants including gum, mouth wash, toothpaste and some foods. All have resulted in negative outcomes. The key to an unadulterated test is observation and procedure. Assure that the donor is watched while being tested and have protocols in place that prohibit drinking or eating for a period of time before the test.

What happens if my client can't produce a sample?

Ah, to think of an excuseless day in the life of a medical or clinical staff member who hears "I can't go" all the time.

Relax, those days are over. It is nearly impossible to NOT be able to give a sample with oral fluid testing. To assure that testing can proceed as normal, the collection pad has been coated



Inside this issue:

<i>Oral Fluid Drug Testing</i>	1
<i>CSL Receives Partnership Award</i>	1
<i>The Great Poppy Seed Debate</i>	2
<i>Be a Contributor</i>	3
<i>Colds & Flu</i>	3
<i>Did You Know?</i>	3
<i>Looking Beyond Urine</i>	4



Points of Interest:

- Facts about Oral Fluid Testing
- CSL gets an award
- To eat the bagel or not to eat the bagel.
- Colds, Flu and the positive test.
- About Cocaine
- CSL does more than process urine drug screens

Clinical Science Wins the Partnership Award

On January 17th Commissioner Elmer Bartels visited our laboratory and presented us with the Massachusetts Partnership Award from the State's Rehabilitation Commission. CSL has been recognized for hiring disabled people. The Massachusetts Rehabilitation Commission

works with clients to help them train for and find jobs. According to the Commission it has helped approximately 5,000 people with disabilities last year who earned an estimated \$72 million and contributed \$14 million in taxes. To us, it means we have 6 dedicated staff members who are not only receiving a paycheck, they are an invaluable part of our organization and to the community. More importantly, they are part of our family, pulling right along with us to get the work done.

Thanks to all of you!

Clinical Science Laboratory is currently one of only five nationally who can process oral fluid samples.

Oral Fluid Drug Testing—Continued

with salts (cont'd on page 2) If the donor has kept the collection pad in his or her mouth between the lower gum and cheek for at least two minutes or longer, there is enough sample to test.

How do I collect an oral fluid sample?

It's much easier than a urine sample! The collection device is placed in the mouth between the lower cheek and gum. Wait a minimum of two minutes then remove the device from the mouth. The collection device is then placed in the vial provided,

Is oral fluid testing better than urine testing?
Both oral fluid testing and urine testing have their advantages and disadvantages. The advantages of oral fluid testing over urine testing is

- No special facilities are needed.
- No embarrassing observed situations.
- Overhead is reduced.

How do I know if enough sample has been collected?

- It can be done anytime, anywhere.
- Total collection time is 5 minutes.
- No excuses.
- It is recommended in cases of dialysis patients, shy bladders, kidney and/or urinary tract dysfunctions.

If you have additional questions or need further information, please call us directly and ask for Don Baker or Lynn Costigan. They can answer any questions you may have.

The Great Poppy Seed Debate

It has been known for many years now that SOME (but not all) poppy seeds can produce positive opiate screening results when ingested on bagels, muffins, and other foods. This is particularly true when cutoff levels used are in the 150-300 ng/ml range. In fact, the Federal Government through SAMHSA has increased their opiate screening level to 2000 ng/ml to avoid the interference from poppy seeds.

This means that better than 99% of all samples with opiate levels of 2000 ng/ml or more have those levels due to real opiate use as opposed to eating poppy seeds. This is, therefore, one of the criteria we use to look for possible poppy seed produced positive opiate results. In the absence of such high levels of opiates, CSL rec-

ommends looking for the seeds as a source of the positive result. Another that caused the positive test is also available that screening results. In our experience, poppy seeds ALWAYS produce BOTH morphine and codeine in the urine due to the metabolic pathway that the seeds follow. Samples that give opiate positive screens but do NOT have both morphine and codeine present can be identified as not being positive from poppy seed use.

Unfortunately, taking codeine for 72 hours or more usually produces some morphine in the urine along with the codeine. Therefore, it is not possible to say that detecting BOTH morphine and codeine absolutely indicates poppy seed use. We can only say that the absence of one or the other of those two materials rules out poppy There is no test currently

“Why Eat the Muffin or Bagel?”



The Great Poppy Seed Debate—cont'd

available that can unequivocally detect the use of poppy seeds as the source of an opiate positive. The best that we can do is apply the above criteria to the evaluation of a positive immunoassay result for opiates.

The question that has many of us confused is “If someone consuming a poppy seed bagel knows they might be positive for a drug screen test, why eat it?” If, I as a patient know that my take homes, weekend status or compliance with my program might be in jeopardy, isn't NOT eating a bagel just a very small price to pay? This has been debated over and over again.

Of course, we are available if you need any assistance in this matter, please do not hesitate to contact Dr. Lou Amoruso directly at 508-339-6106.



Be a Contributor: Write, fax or email us any suggestions or questions you would like addressed in future newsletters. Our goal is to provide you with as much helpful information as possible, so you can make educated decisions. If we use your suggestion, your name appear in that edition of **Clinical Science News!**

Cold & Flu Season

Early Spring in New England usually brings the craziest weather. Typically we go from freezing temperatures to sunny and warm days. With this fluctuation, many of us catch a cold or even worse, the flu.

The makers of Sudafed, Sinutab, Tylenol Cold, etc. Bring us temporary relief by adding pseudoephedrine or ephedrine to their cold medicines to

give us relief from sinus pressure and pain as well as other symptoms.

At about this same time the calls for confirmations roll in at an increased rate. Many of our customers want to know why many of their patients who are not usually amphetamine positive, become so.

Pseudoephedrine and ephedrine are two known drugs among others that may give positive result to an Ampheta-

mine assay. If your patient suddenly becomes positive for Amphetamines, take a look at him or her. Ask them how they have been feeling. If they tell you they have had a cold or the flu, chances are they are taking cold medicine.

To find out if pseudoephedrine or ephedrine is the culprit, give us a call and we can confirm the original

drug screen test. The confirmation method will rule out any street drugs versus cold medicine. So, although you feel better with the cold medicine and your sniffly, sneezing, stuffy head and achiness has gone away, you might feel worse if you get a positive drug screen.

Did You Know?

ABOUT COCAINE TESTING

Did you know that when a cocaine test is performed on a urine specimen, your body manufactures Benzoyl Ecgonine, Ecgonine and Ecgonine Methyl Esters as metabolic products which can be easily picked up on

our assay? If the donor drinks alcohol and ingests cocaine their body manufactures Co-

caethylene which can also be picked up on our assay for Cocaine.

Although there are many interfering drugs either prescription or illegal that interferes with drug screen com-

ponents, there are none known for cocaine.

Note: Lidocaine, Benzocaine and Xylocaine, although they are spelled similar to cocaine, they DO NOT cross react. Going to the dentist will not cause a positive result.





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Because Every Result is Important



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Looking Beyond Urine

Clinical Science Laboratory is well known in the field of Toxicology—urine drug screening.

Did you know we offer many other kinds and types of testing including Hepatitis, Pregnancy, HIV, etc?

Listed below are just a few of the services we provide. If you would like more information on any of the tests listed

below or not listed, give your sales representative a call and he/she will be happy to talk to you about pricing, specimen involved and turn around times.

- CBC
- RPR
- Liver Function Panels
- Routine urinalysis
- Methadone serum levels
- Pregnancy: urine & serum

- Hepatitis A, BsAg, C
- Sickle cell screen
- HIV
- Tuberculosis
- **Hundreds more.....**

