

# Drug Testing – What About Panels?

Standard urine drug testing panels range from 5 drugs to 10 drugs. Specimen validity testing is available to detect adulterants or specimen substitution resulting from a donor's attempts to mask drug use. Expanded profiles for Medical Professional monitoring are also available.

When implementing a drug testing program, it is important to discuss what you will be testing for. Both laboratories and instant testing distributors may offer a variety of test panels. With lab based urine testing, it makes sense to do a 10 panel test because it typically is the same price as a five panel test. Hair testing at a lab is typically limited to 5 panels. With urine based instant testing devices, you can actually test for anywhere from 1 to 12 panels. With oral fluid based instant testing you are limited to seven panels. It is important to determine which drugs your facility needs to test for and then purchase the appropriate panels from the laboratory or the instant test manufacturer.

- A typical urine or hair five panel test includes: Marijuana (THC), Cocaine (COC), Amphetamine (AMP), Opiates (OPI) and Phencyclidine (PCP)
- A typical urine ten panel test adds the following to the five panel: Benzodiazepines (BZO), Propoxyphene (PPX), Barbiturates (BAR), Methadone (MTD) and Methaqualone (MTQ)
- Instant urine testing can also include: Ecstasy (MDMA), Methamphetamine (MET), Tricyclic Antidepressants (TCA), and Oxycodone (OXY)
- Expanded panels for medical professional testing may include additional drugs such as Narcotics, antidepressants, stimulants, and other drugs
- Instant oral fluid or lab based testing for oral fluid typically tests for five or seven panel:  
    Marijuana (THC), Cocaine (COC), Amphetamine (AMP), Opiates (OPI) and Phencyclidine (PCP), Ecstasy (MDMA), Methamphetamine (MET); some labs can also add Benzodiazepines (BZO) and Barbiturates (BAR).
- Steroid testing gets even more complicated with many different testing options which can get very expensive, these can include: Anabolic Steroids, Stimulants, Diuretics, Beta Blockers, and Ephedrine
- A typical steroid panel for school testing might include: Boldenone (Equipose), Clenbuterol, Clostebol (Steranbol), DHEA (dehydroepiandrosterone), Epi testosterone, Fluoxymesterone, 6 $\beta$ -Hydroxyboldenone, 6 $\beta$ -Hydroxyfluoxymesterone, 3'-Hydroxystanozolol, Methandrostenolone / Methandienone (Dianabol), 19-Norandrosterone, Oxandrolone (Anavar, Bonavar), Oxymesterone, Stanozolol (Winstrol), Testosterone and THG (tetrahydrogestrinone)

\* note that some labs or manufactures may use different abbreviations for the drugs listed above

With all of the various panels available and complex drugs to test for, it is important to choose a vendor who is knowledgeable and experienced. The cheapest price may not give you the best program. Drug testing vendors that are experienced can be found at [www.datia.org](http://www.datia.org).

The chart below gives approximate detection times for each substance by test type along with the screening cut off levels. Detection times vary depending on many factors including amount and frequency of use, metabolic rate, body mass, age, overall health, drug tolerance, and urine pH.



Drug	Cut-Off Level	Approximate Detection Time in Urine	Approximate Detection Time in Saliva
Amphetamine (AMP)	1,000 ng/mL	2-4 Days	1-3 Days
Barbiturates (BAR)	300 ng/mL	4-7 Days	-
Benzodiazepines (BZO)	300 ng/mL	3-7 Days	-
Cocaine (COC)	300 ng/mL	2-4 Days	1-3 Days
Ecstasy (MDMA)	500 ng/mL	1-3 Days	-
Methadone (MTD)	300 ng/mL	3-5 Days	-
Methamphetamine (MET)	1,000 ng/mL	3-5 Days	1-3 Days
Opiates (MOR)	300 ng/mL	2-4 Days	-
Opiates (OPI)	2,000 ng/mL	2-4 Days	1-3 Days
Phencyclidine (PCP)	25 ng/mL	7-14 Days	1-3 Days
THC (THC)	50 ng/mL	15-30 Days	6-12 Hours
Tricyclic Antidepressants (TCA)	1,000 ng/mL	7-10 Days	-
Propoxyphene (PPX)	300 ng/mL	1-2 Days	-
Oxycodone (OXY)	100 ng/mL	2-4 Days	-
Amphetamine (AMP300)	300 ng/mL	2-4 Days	-
Cocaine (COC150)	150 ng/mL	2-4 Days	-
Methamphetamine (MET500)	500 ng/mL	3-5 Days	-

