

Drug Test Cheaters: How They Do It and How to Stop Them

Presented by Bill Current

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Bill Current

- Founded WFC & Associates, LLC in 1998
- Author of 10 books, including “*Why Drug Testing?*”
- Publisher of the On-Line Ultimate Guide to State Drug Testing Laws at StateDrugTestingLaws.com
- Director of the **Annual Survey** of Drug Testing Industry Trends now in its 14th year
- Former Executive Director of the American Council for Drug Education, Director of the Institute for a Drug-Free Workplace, and Vice President of Consulting for a national third-party administrator



Good News and Bad News...

A man takes a drug test and the next day they call him to share the results.

Good News:

“Your drug test came back negative.”

BUT

Bad News:

“You’re pregnant!”

SAMHSA's National Survey on Drug Use and Health

- “The use of illicit drugs among Americans increased between 2008 and 2010 according to a national survey conducted by the Substance Abuse and Mental Health Services Administration (SAMHSA). The National Survey on Drug Use and Health (NSDUH) shows that **22.6 million Americans 12 or older (8.9 percent of the population) were current illicit drug users**. The rate of use in 2010 was similar to the rate in 2009 (8.7 percent), but remained above the 2008 rate (8 percent).”
- “An increased rate in the current use of marijuana seems to be one of the prime factors in the overall rise in illicit drug use. In 2010, 17.4 million Americans were current users of marijuana - compared to 14.4 million in 2007. This represents an **increase in the rate of current marijuana use in the population 12 and older from 5.8 percent in 2007 to 6.9 percent in 2010.**”
- “Another disturbing trend is the continuing rise in the rate of current illicit drug use among young adults aged 18 to 25 - from 19.6 percent in 2008 to 21.2 percent in 2009 and **21.5 percent in 2010**. This increase was also driven in large part by a rise in the rate of current marijuana use among this population.”

Source: <http://www.samhsa.gov/newsroom/advisories/1109075503.aspx>

Drug Testing

- According to research conducted by WFC & Associates, more than 50 million drug testing samples are tested annually generating \$1.7 billion dollars in revenue in the United States alone.
- This includes workplace, drug treatment, criminal justice, law enforcement, military and other government entities, schools, professional sports and other markets that have embraced drug testing.
- It includes traditional lab-based urine testing as well as alternative methods that are increasing in popularity such as instant testing and oral fluid testing.

Why so much drug testing?

- Because drug testing works as both a deterrent to use and as a way to identify people who need help.



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How They Cheat and How to Stop Them

- **The Triple Play of Cheating**
 - Dilution, Substitution, Adulteration
- **Making It Harder for Cheaters to Cheat**
 - Protect Yourself
 - Test the Test
 - Lay Down the Law
- **Alternative Testing Methods that Work**
 - Oral Fluid Testing
 - Hair Testing



The Triple Play of Cheating

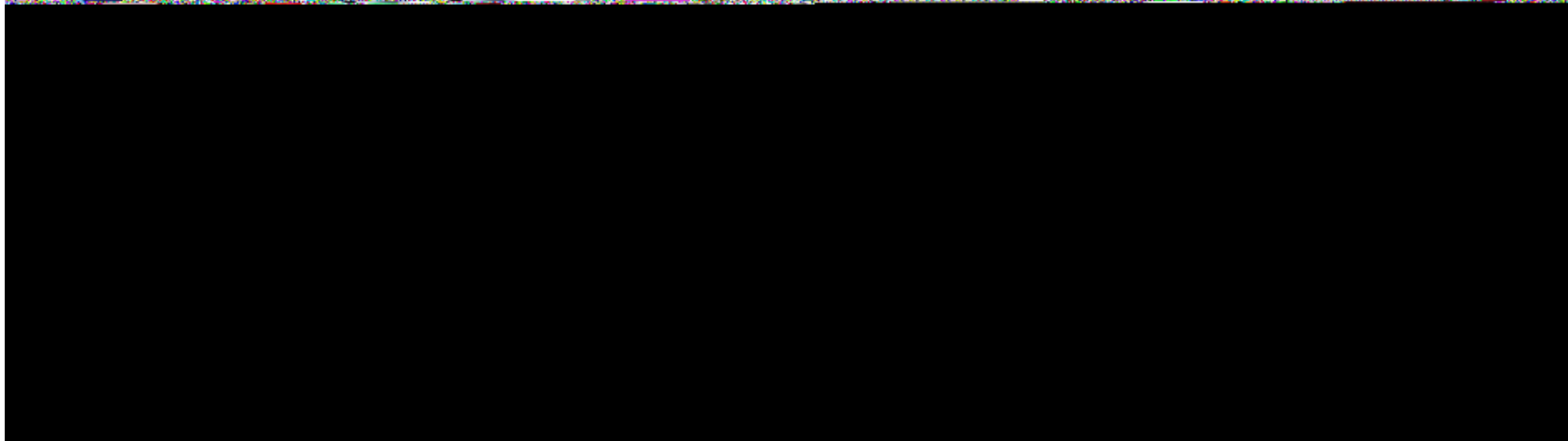


How They Do It and How to Stop Them

- 1. Dilution**
- 2. Substitution**
- 3. Adulteration**

Plenty of Help Available to Cheaters

 pass-any-drug-test.com 1-877-727-7123 Call Any Time With Questions



Dilution

- Watering down the sample by consuming large amounts of liquids. This is done to dilute the drug concentration in a person's system.
- Though a water-diluted urine sample does not automatically mean the individual is a drug user or drug test cheater, the specimen may be reported by a laboratory as diluted.
- Some instant urine testing devices have built-in strips to verify the concentration level of the specimen. Add-on adulteration strips (or dipstick devices) are also available.
- An instant specimen should be sent to a lab if reasonable suspicion exists.

Substitution

- The substitution method is just that... the substituting of one person's urine with that of someone (or something) else's.
- There are obvious complications. The substitute urine might be dirty. Or the container with the substitute urine might break or leak before the urine can be poured into the collection vial.
- Some people have even resorted to injecting substitute urine directly into their bladder or using the urine of an animal.

Adulteration

- With the adulteration or additive method the user adds something to the urine after the specimen has been voided.
- Common additives include bleach, vinegar, various juices, eye drops, dish soap, and even drain cleaners among many possibilities. There are also a variety of commercial products that claim to interfere with the testing process.
- Adulteration requires donors to smuggle some type of additive substance into the bathroom inside their underclothing or somewhere on their body.

Internet Research: Turning the Tables on Cheaters

- There are countless websites on the Internet that offer products that claim to help donors successfully cheat on a drug test.
- There are just as many websites that offer advice about how to mask the presence of drugs in person's urine.
- If you're in the business of administering drug tests, these websites can be an invaluable resource. You can learn a lot just by reading what they have to say about adulterants, dilution methods and substitution techniques.



Good Advice to Stop Cheaters

One of my favorites is Spectrum Labs better known as Urine Luck.

www.urine-luck.co.uk

- Review their product offerings
- Read their claims
- Search the FAQ section
- Study their “Information On How to Pass a Drug Test”

Some Websites Coach Cheaters

- What are the qualitative and quantitative levels of the adulterant found in the urine?
- What two separate methodologies were run to determine the presence of this adulterant as required by DOT guidelines?
- Was one of these methodologies a wet chemistry test or just a simple dipstick?
- Can I see the documentation showing that this adulterant is not supposed to be found in urine?
- Can I see a report of this information above printed on your company's letterhead?
- Is it within my rights to see the previously requested report?

What Can Be Done: Prevention

There are three broad categories of prevention:

1. Protect Yourself with Precautions
2. Test the Test with Validity Testing
3. Lay Down the Law with Prohibitions & Consequences



Quest Diagnostics



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Basics in Precautionary Measures

- Ensure that the collection takes place in a **secured area**.
- Require the donor to **wash his or her hands** prior to voiding the sample.
- Add **colored dye to toilet water** in the donor stalls.
- **Turn off running water** (or hot water) during the collection process.
- Ask donors to **leave outer clothing** such as coats and jackets outside the stall.
- **Read the temperature** of all samples immediately after voiding.



Basics in Validity Testing

- To detect if a specimen was diluted, adulterated or substituted a validity test can be conducted for each collected specimen.
- Quest Diagnostics specimen validity test is called TestSure™. When client's request TestSure, specimens are screened for a variety of adulterant compounds by using state-of-the-art secondary testing methods.

Note: Keep in mind that cheaters may know how to dilute and tamper with their urine samples to get them below the drug detection cutoffs and still fall within the acceptable range of creatinine and specific gravity!



Consequences

- One of the most effective deterrents to drug test cheating is education and consequences.
- Let donors know that adulteration attempts will be considered the same as a positive test results.
- Let them know that you read the same websites they read and that you know how cheaters cheat.



Policy Language Example

Prohibited Conduct

- “Switching, tampering with or adulterating any specimen or sample collected under the Company’s policy for the purpose of testing for drugs or alcohol.”

Consequences

- “Individuals who attempt to alter a drug or alcohol test result or a test sample by means of tampering with, adulterating, switching, or diluting a specimen will be treated as if they had a positive test result.”



Observed Collections

Federal drug testing protocols as found in 49 CFR part 40 require an observed collection under a multitude of circumstances, including when...

1. The laboratory reports to a Medical Review Officer (MRO) that a specimen is invalid, and the MRO reported to you that there was not an adequate medical explanation for the result;
2. The MRO reported to you that the original positive, adulterated, or substituted result had to be cancelled because the test of the split specimen could not be performed; or
3. The laboratory reported to the MRO that the specimen was negative-dilute with a creatinine concentration greater than or equal to 2 mg/dL but less than or equal to 5 mg/dL, and the MRO reported the specimen to you as negative-dilute and that a second collection must take place under direct observation (see §40.197(b)(1)).

Observed DOT Collections

Or when...

- The reason for a drug test is a “return-to-duty” or “follow-up” drug test
- When there is suspicion or direct observation of an attempt to tamper with a specimen
- When the temperature of the original specimen was outside the proper range



Drug Testing Methods and Cheating Methods

Method	Dilution	Substitution	Additive
Urine	Yes	Yes	Yes
Hair	No	No	Yes
Oral Fluid	No	No	No

Hair Testing

Considerations

- Longer window of detection
- Less invasive collection
- Directly observed collection
- Difficult to cheat using standard methods



Advice from One Website on Cheating a Hair Testing

1. **When you get home, saturate your hair with the vinegar.** You will probably gag, but its worth it! I dumped it on slowly, over a 10 minute period to get maximum saturation.
2. **Let the vinegar sit for 15-20 minutes.** DO NOT RINSE. Now you want to soak your hair with the salicylic acid acne treatment. Again, pour slowly, let it take a few minutes, so you get the most absorption. I left both vinegar and acne treatment in my hair for about 30 minutes.
3. **Do not rinse the vinegar and acid out of your hair.** Pour the liquid detergent on your hair and rub it in real good. Concentrate these products on more the back of your head, as that's where the sample will be taken from. I did liquid first, then added a little water to the powder to make a paste. I scrubbed this into my scalp and hair. Let sit for about 20-30 minutes.
4. **Rinse all the products out of your hair, but do not wash or condition.**
5. **Dye the hair!** The box said 25 minutes, I left it in for about 40. Then rinse the dye, use the little conditioner that comes in it.

Source: <http://www.wikihow.com/Pass-a-Hair-Follicle-Drug-Test>

Oral Fluid Testing

Considerations

- Recent use detection
- Less invasive collection
- Directly observed collection
- On-site collection
- Virtually adulteration proof



Oral Fluid Testing

One of my favorite websites for oral fluid drug test cheating is wikihow.com/pass-a-drug-test.

Quoting directly from the website:

“Try to avoid the test. If one is being tested and has used in the past 3 days you will need to overcome the saliva collection. To do this, you will have to avoid submitting saliva and perform the steps requested of you by the instructor.”

Another offers this advice:

“To pass this [an oral fluid test] you should always know the detection time of the drug you have taken. Marijuana can be detected via saliva drug testing from an hour after ingestion up to 24 hours depending on use. Between these periods of time, you must avoid being screened or you will surely test positive.”

Practice Makes Perfect (Cheaters)

At cannabis.com, you will find a very entertaining story about the step-by-step process that one cheater followed to successfully cheat on a urine drug test.

Highlights:

- Educated himself
- Practiced until he had it right
- Armed himself with the necessary tools
- Executed his plan

Source: <http://boards.cannabis.com/drug-testing/195500-passing-quest-diagnostics-ua-drug-test.html>

Conclusion

- The drug problem is still here and getting worse.
- Drug testing remains the most effective way to address the problem.
- Drug test cheating is common. Cheating methods are plentiful and readily available.
- Knowing what the cheaters know is critical.
- Precautions, validity testing and firm consequences are keys to turning the tables on the cheaters.
- If drug test cheating is a concern, alternative testing methods may be worth considering.
- Hair testing offers a broader window of detection is difficult to cheat.
- Oral fluid testing is the best at detecting recent drug use and is virtually adulteration proof.

Questions



For more information about drug testing services, please visit
www.EmployerSolutions.com or call **800-877-7484**.